

An orange background with a black outline of the state of Arizona. The word "Milestones" is written in a large, black, cursive script across the middle of the state outline.

# *Milestones*

**"75 YEARS OF PROGRESS"**

1887 - 1962

**ARIZONA STATE HOSPITAL**

PHOENIX • ARIZONA

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# *Milestones*

A History

*of*

Seventy-Five Years Of Progress

*at*

The Arizona State Hospital

PHOENIX, ARIZONA

1887 - 1962

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*We gratefully acknowledge the cooperation and assistance of many employees and friends of the Hospital. Special appreciation is hereby expressed to Mrs. Marguerite Colley, Director, State Library and Archives.*

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## HOSPITAL STAFF

Samuel Wick, M. D., Director

### MEDICAL

#### Physicians:

George Saravia, M.D.	Clinical Director
Stanley A. Smith, M.D.	Chief, Medical-Surgical Services
Ludmilla W. LeMaitre, M.D.	Psychiatrist
Rosolino LoCurro, M.D.	Psychiatrist
Frank J. Price, M.D.	Psychiatrist
Maurice B. Ruland, M.D.	Psychiatrist
George Dorsey, M.D.	Physician
Douglass A. Haddock, M.D.	Physician
Arnold Kendall, M.D.	Physician
Anne Marie Vogt, M.D.	Physician
David West, M.D.	Physician
Dominic P. Zito, M.D.	Physician

#### Dental:

Martin T. Copenhagen, D.D.S.	Dentist
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#### Psychology:

Paul W. Brewer, Ph.D.	Director
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#### Pharmacy:

Elias Schlusberg	Pharmacist
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#### Social Service:

Philip L. Gordon	Director
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#### Chaplain:

Rev. Paul W. Strickland

## Rehabilitation Service:

Marjorie Hill, OTR ..... Director

### Industrial Therapy

Arlene Babcock ..... Industrial Therapist

### Occupational Therapy

Lelah F. Adler, R.N. .... Acting Director

### Recreational Therapy

Shirley McEntee ..... Director

## Medical Records:

Philippine Castellana ..... Librarian

## NURSING

Mary E. Pittman, R.N. .... Director of Nursing

Joyce Bain, R.N. .... Assistant Director of Nursing, Nursing Service

Margaret Haggarty, R.N. .... Assistant Director of Nursing, Nursing Education

## PERSONNEL

H. F. Townsend ..... Director

## BUSINESS

R. A. Clelland ..... Business Manager

### Office:

Jennie O. Roile ..... Office Manager

### Purchasing:

Charles J. Raymond ..... Purchasing Manager

### Dietary:

Louise Edwards ..... Chief Dietitian

### Engineering:

Phillip R. Brown ..... Chief Engineer

### General Services:

Pearl Rogers ..... Executive Housekeeper

## A TRIBUTE TO BOARD MEMBERS

Samuel Wick, M. D.

Since the inception of the Arizona State Hospital Board in 1941, many citizens of the state have been appointed to serve on this Board. These people have represented all areas of interests, including the professional, business, labor and the community worker. They have represented the entire citizenry of Arizona in their interest to provide the needed facilities and staff for the treatment of the mentally ill.

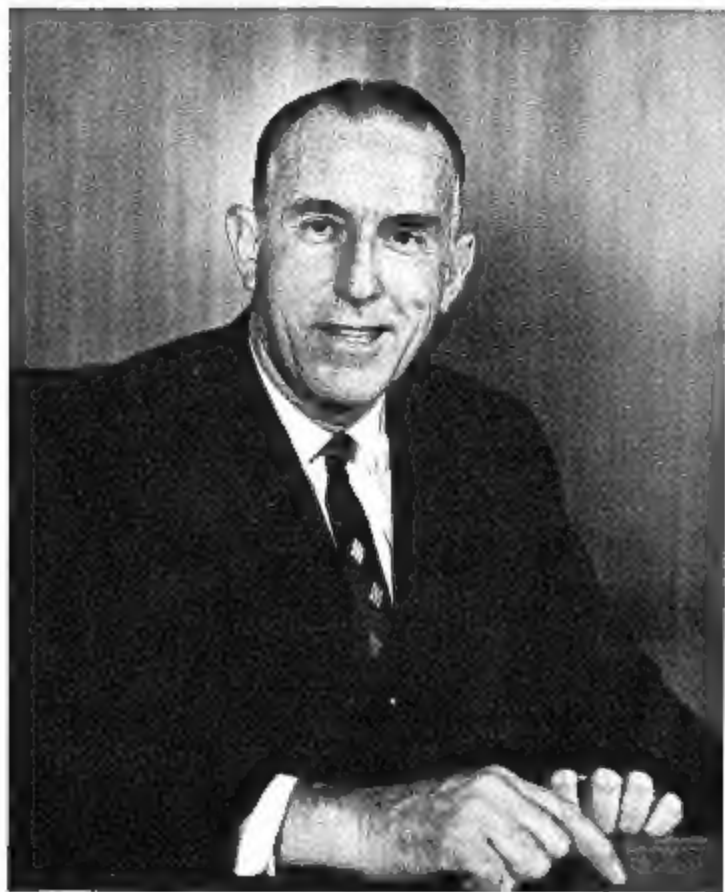
Each member of the Hospital Board has devoted time, effort and energy to the performance of the duties prescribed by law to the Board. In addition to the necessary duties, many tasks have been completed by Board Members because of their recognition of the many needs within the Hospital and within the community which were required to improve the mental health of the people of Arizona.

It is only possible to pay a tremendous tribute to each one by the recognition that they have received from their fellow citizens and by the awareness that they have contributed to the progress within the State of Arizona for the treatment of the mentally ill.

### BOARD MEMBERS

- |                            |                              |
|----------------------------|------------------------------|
| *Mrs. Estelle Bjerg        | *Mr. O. D. Miller            |
| Mrs. Anna M. Hirst         | *Mr. Sherman Hazeltine       |
| Dr. H. Clay Skinner        | *Mr. Malin Lewis             |
| Mr. J. M. Smith            | *Mr. Dilworth C. Brinton     |
| *Dr. Jeremiah Metzger      | *Mr. John P. Sands           |
| Mr. Frank McGrath          | *Dr. Lowell C. Wormley       |
| Dr. M. R. Schneck          | *Mr. Walter Pulsipher        |
| Mr. C. M. Martin           | *Mrs. Thelma McQuade         |
| Dr. O. A. Simley           | *Mr. James McNulty           |
| *Mr. Eugene Doyle          | Mr. Henry C. Fuller          |
| Mr. Udall Pace             | Dr. Dwight G. Hudson, D.D.S. |
| *Mr. Wes A. Townsend       | Mr. William A. Coerver       |
| Mr. Al S. Floyd            | Mrs. Ruth Z. Irving          |
| Mr. John C. Underwood, Jr. |                              |

\*Served Period as Chairman



Governor Paul Fannin



Office of The Governor  
State House  
Phoenix, Arizona

PAUL FANNIN  
GOVERNOR

June 1, 1962

Samuel Wick, M. D.  
Arizona State Hospital  
2500 East Van Buren  
Phoenix, Arizona

My dear Doctor:

It is indeed a pleasure to take this opportunity to extend to you and to your associates congratulations upon the 75th Anniversary of the Arizona State Hospital.

The opening of the Territorial Hospital preceded statehood by twenty-five years and the continuing growth and progressive management of the State Hospital has kept apace with the growth of Arizona. Under your leadership and that of your predecessors Arizonans have every right to be very proud of their State Hospital and express their gratitude to the dedicated members on the State Board over the years who have given freely of their time to assist in the management of the Hospital.

It is my sincere hope as your work progresses the State Hospital will continue to contribute to the mental health of the citizens of this State.

With my best personal regards, I am,

Sincerely,

A handwritten signature in cursive script that reads "Paul Fannin".

Paul Fannin





**James F. McNulty, Jr. Chairman of the Board**





## Arizona State Hospital Board

Phoenix, Arizona

June 11, 1962

R. A. CLELLAND  
SECRETARY

JAMES McNULTY, CHAIRMAN  
BISBEE, ARIZONA  
HENRY C. FULLER, VICE CHAIRMAN  
PHOENIX, ARIZONA  
DWIGHT G. HUDSON, D. D. S.  
SCOTTSDALE, ARIZONA  
W. A. COERVER  
PRESCOTT, ARIZONA  
RUTH Z. IRVING  
TUCSON, ARIZONA

Samuel Wick, M.D.  
Director  
Arizona State Hospital  
2500 East Van Buren  
Phoenix 8, Arizona

Dear Dr. Wick:

That the 75th Anniversary of the Arizona State Hospital and my Chairmanship of the Hospital Board coincide is the most unpredictable of circumstances.

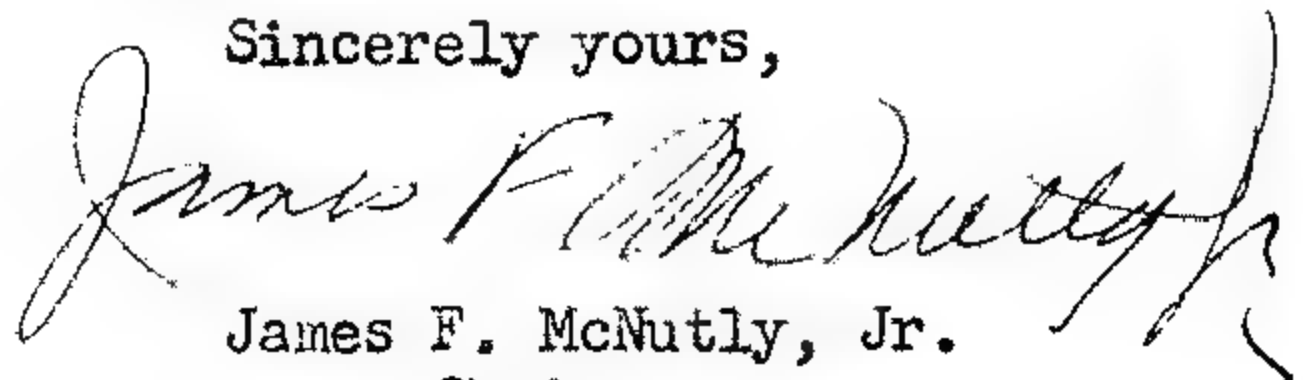
But the arrival of the Anniversary at all is compelling testimony of the perseverance that characterized previous Boards or, more properly, characterizes the strengths and skills of the men and women who made up these Boards.

And the arrival of the Anniversary at a time when this State Hospital is so bent, pell-mell, on increasing the quality and quantity of the service to the people of this state, makes the occasion doubly significant.

Emerson says that great institutions are the lengthened shadows of men and women. And this is surely so at this exciting time in the development of national concern for the problems of mental health. This great institution, this State Hospital, is a living memorial to the people who have given it their professional skill, their sweat, their love and affection, their largely unpaid devotion. These, the unsung, are the heroes of the determined effort to roll back ignorance and to take hold firmly of the thistle of this social problem.

For those who aspire to new worlds to conquer and new frontiers to explore, I extend a ready invitation to assist in this adventure for the opportunities are great, the laborers are few and the objectives are satisfying.

Sincerely yours,



James F. McNulty, Jr.  
Chairman

Arizona State Hospital Board





**Samuel Wick, M.D. Superintendent**





## Arizona State Hospital

Phoenix, Arizona

August 31, 1962

To the Citizens of Arizona:

The commemoration of the 75th Anniversary of the Arizona State Hospital provides us the opportunity to review the progress of the care and treatment of the mentally ill in Arizona. The details are described in the various reports of the history of the hospital. There have been periods of neglect and inadequate treatment interspersed with periods of expansion and improvements. During the past ten years, there has been a continuing public concern which resulted in marked improvements of the physical facilities. The Legislature appropriated funds to remodel or replace old buildings so that the patients can be treated in a therapeutic environment which provides adequate housing, needed sanitation and cheerful surroundings.

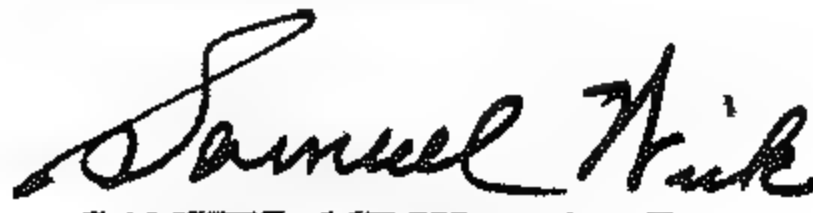
Communities have gradually developed an interest in the mental health needs of the people. The growth and progress in the hospital reflects the desire of the public to provide a treatment center where their relatives and friends can obtain the best care. The citizens of Arizona must realize what is provided for the treatment in the hospital and in the community is their responsibility. The communities of Pima, Yuma and Cochise Counties have accepted this responsibility by establishing Mental Health Clinics which provide psychiatric services to those people who remain at home and to those who had been in the hospital but need after-care when they return home. It is encouraging to know that the efforts to provide the best psychiatric treatment has the support of the public.

During the entire history of the hospital, the need for an adequate staff of professionally trained people has been stressed. This need has never been met. It is essential to have trained personnel to provide the treatment programs for the benefit of the patients. All professions related to the field of Mental Health contribute to the treatment programs developed to help patients from their admission to their rehabilitation.

The hospital has been provided with "the new bricks", but from now on, it will be necessary to appropriate sufficient funds to provide "the brains". When this is accomplished, the citizens of Arizona can anticipate that the hospital will treat the mentally ill more effectively so that the period of hospitalization will be reduced.

Commemoration of future anniversaries will bring greater hope for better mental health for all.

Respectfully,

  
SAMUEL WICK, M. D.  
Director

SW:cc



# *Superintendents*

	Appointed
Dr. D. L. Mahoney.....	12-11-1886
Dr. I. S. Titus.....	1888
Dr. Luther C. Toney.....	6-18-1890
Dr. Joshua Miller.....	8-26-1891
Dr. Ira B. Hamblin.....	5-31-1893
Dr. H. A. Hughes.....	6-22-1896
Dr. Ira B. Hamblin.....	7-29-1897
Dr. Joshua Miller.....	8-13-1898
Dr. William H. Ward.....	1-31-1899
Dr. Ray Ferguson.....	3-8-1906
Dr. James A. Kethcherside.....	8-1-1908
Dr. H. K. Beauchamp.....	1911
Dr. A. C. Kingsley.....	4-1-1912
Dr. John R. Walls.....	6-9-1917
Dr. F. C. Norman.....	9-25-1917
Dr. A. C. Kingsley.....	1-1-1918
Dr. Thomas J. Cummins.....	1-6-1919
Dr. R. O. Lieuallen (Acting).....	4-15-1921
Dr. Ray Ferguson.....	8-15-1921
Dr. Frank W. Schwarg.....	7-25-1922
Dr. A. C. Kingsley.....	1-10-1923
Dr. George Stephens.....	8-1-1923
Dr. R. O. Lieuallen.....	1-7-1929
Dr. George Stephens.....	1-5-1931
Dr. K. D. Curtis.....	1-6-1933
Dr. R. F. Palmer.....	1-31-1933
Dr. James R. Moore.....	4-15-1933
Dr. B. M. Berger.....	1-15-1937
Dr. Louis J. Saxe.....	1-2-1939
Dr. Jeremiah Metzger.....	1-6-1941
Dr. O. L. Bendheim.....	6-1-1941
Dr. Seth F. H. Howes.....	9-14-1942
Dr. Jeremiah Metzger.....	10-16-1944
Dr. Charles E. Clark.....	5-1-1945
Dr. Jeremiah Metzger.....	1-22-1947
Dr. John A. Larson.....	3-21-1947
Dr. Bruce D. Hart.....	4-13-1949
Dr. Arthur B. Madden.....	11-2-1950
Dr. M. W. Conway.....	11-1-1951
Dr. Samuel Wick (Acting).....	12-15-1953
Dr. Samuel Wick.....	3-19-1954

The above list was compiled from several sources. It may contain some omissions, if so, they are deeply regretted.



# *A Short History*

H. F. Townsend

Eight years after Arizona became a separate Territory the concept that Mental Illness is a state responsibility was first recognized by the Territorial Legislature. On February 17, 1871, legislation was enacted which stated the various Boards of Supervisors of the Counties must provide for the confinement of all insane persons, "either in the County jail or in such other manner and place as shall in their judgment be best for the safety of said insane person and of the community."

Then, as now, there was no easy solution to the problem of the mentally ill and it was soon discovered the solution given by the Legislature of 1871 could not be successfully implemented.

The Arizona Citizen of March 23, 1872, reported, "Judge C. A. Tweed has been at Stockton, California, working up an arrangement for the care of the insane of this Territory, and has obtained a proposition from Drs. Langdon & Clark, proprietors of a private institution, in which the insane of the State of Nevada are received and treated. Following is a copy of Langdon & Clark's proposition:

'We will provide for such insane persons as may be delivered to us by the authorities of Arizona, and furnish them with suitable board,



Hospital of Drs. Langdon and Clark, Stockton, California. Courtesy Bancroft Library and Arizona Historical Foundation.

clothing and medical attendance for the sum of \$10.50 per week, payable monthly. In the event of the death of a patient, the necessary funeral expenses to be refunded to us. In the event of the discharge of a patient, the authorities of Arizona are to allow a sum not to exceed thirty dollars, except by special direction by said authorities.’”

A Territorial Legislative Act of February 13, 1873, authorized the Governor of the Territory to contract with the State of California, or any hospital in California, to care for the insane persons of the Territory of Arizona. In this legislation are the following words, “The expense of sending such person to such hospital shall be borne in all cases by the respective counties from which such persons are sent, but their expenses and all charges for their care, treatment and maintenance while at such hospital, as well as expenses incident to their discharge therefrom or death, shall be chargeable to the Territory.”

To insure that mental patients from Arizona received proper care it is to be noted that upon January 20, 1877, the Governor signed an act of the Legislature which provided \$40.00 per year to pay some one living near the asylum of Langdon and Clark to visit same once each three months to determine if the patients were properly cared for, examine the patients and direct the physicians in charge of the asylum to discharge patients if sufficiently restored to reason.

It would appear as though the cost of caring for the mentally ill was reduced in 1881 when the Territorial Legislature passed a joint resolution authorizing the Governor to contract with Drs. Langdon and Clark, of Stockton, California, for the care of the insane patients of the Territory at the rate of \$6.00 per week for each patient.

In passing, it is interesting to note the importance of mental health to the citizens of the Territory of Arizona as reflected in the yearly budget of the twelfth Territorial Legislature which met January 8, 1883.

For Penitentiary	\$36,000
For Insane	12,000
For General Expense	25,000
For Interest	27,500
Total	\$100,500

The Thirteenth Territorial Legislature which met in Prescott during the winter of 1885 (probably January) did much to shape the future development of the State. It passed an act to pay for the expense attending the examination of the Territorial Insane at Stockton, California. Further, it enacted a law to aid in the construction of a railroad between the City of Phoenix and the Southern Pacific Railroad. Also, it appropriated \$25,000 for Arizona University, \$5,000 for the Normal School at Tempe and \$100,000 for the Arizona Insane Asylum at Phoenix. This latter appropriation was bitterly opposed at the time as an unnecessary burden.

In addition, this Legislative Assembly authorized and instructed the Board of Supervisors of Maricopa County to issue county bonds to the



amount of \$3,500 for the purpose of purchasing 160 acres of land upon which to build the Territorial Insane Asylum. It also directed the Boards of Supervisors of the counties to contract with the lowest responsible bidder for the transportation of Insane persons of their respective counties to the Insane Asylum designated by the Territory of Arizona.

Lest we think this Assembly was entirely concerned with higher learning and the mentally ill it is to be remembered it also established the Public School system of the Territory.

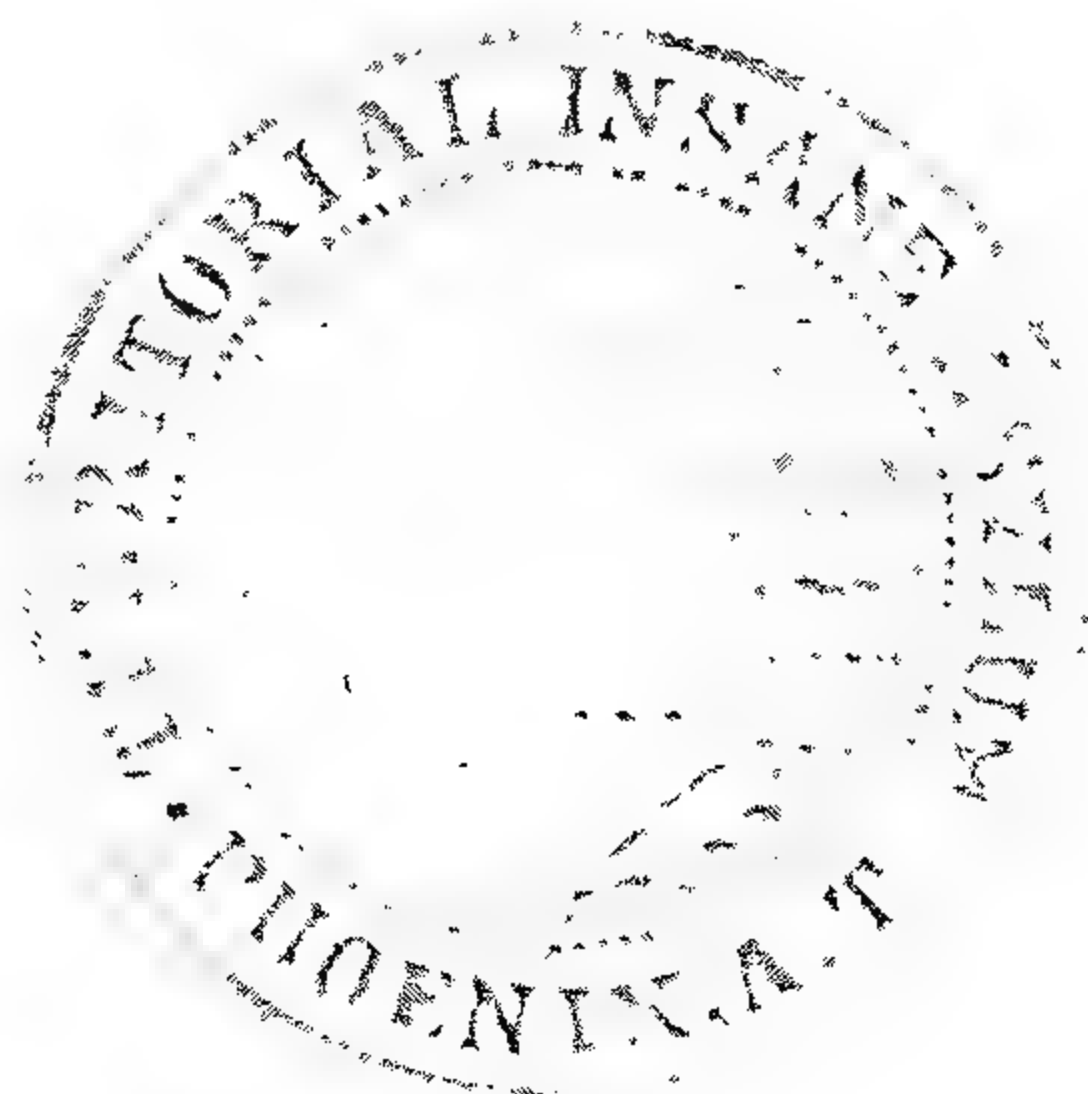
March 9, 1885, the following act of the Territorial Legislature was approved by Governor Tittle and became a portion of the laws of the Territory.

### "No. 58 AN ACT

To establish, maintain and provide for the Government of an  
Insane Asylum.

Be it enacted by the Legislative Assembly of the Territory of  
Arizona:

Section 1. There shall be established within and for the Territory of Arizona, an asylum for the insane, which shall be known by the name of the Insane Asylum of Arizona, and all buildings used therefor shall be erected upon the lands to be hereafter obtained by the Directors hereinafter provided for, at or near the City of Phoenix, in the County of Maricopa, Territory of Arizona, and said Insane Asylum shall be constructed by and be, and remain under the control of said Directors of said Asylum, to be hereafter appointed in accordance with the provisions of this Act; *provided*, however, that said County of Maricopa, or said City of Phoenix, or some private person or persons, on or before the 1st day of January, 1886, shall first have conveyed, or cause to be conveyed to the said Board of Directors, as hereinafter provided for, and their successors in office, for the use and benefit of the Territory of Arizona and for said Asylum, not less than eighty acres of land, with sufficient water to irrigate the same, available for the



purposes of such Asylum, and free from all incumbrances; and, if such land be not so donated on or before the 1st day of January, 1886, this Act shall be void and of no further force or effect.

Sec. 2. There shall be a Board of Directors of the Insane Asylum of Arizona, which shall consist of three persons, \*\*\*\*\* Said Board shall adopt a common seal, and shall be known and designated as 'The Directors of the Insane Asylum of Arizona,' \*\*\*\*\*

Sec. 4. The said Board of Directors shall have full power and authority to manage the affairs of said asylum. \*\*\*\*\*.

Sec. 5. That for the purpose of carrying out the provisions of this Act, a loan of one hundred thousand dollars is hereby authorized to be negotiated and made, on the faith and credit of the Territory of Arizona, and to bear interest at the rate of seven per cent per annum. \*\*\*\*\*.

Sec. 12. Before the sale of any of said bonds, the said Board of Directors shall cause notice of such sale to be published, for the space of one month, in four daily newspapers published in English—one in the City of New York, State of New York, one in the City of San Francisco, state of California, one at the Territorial Capital, and one in the City of Phoenix, in said Territory. \*\*\*\*\*.

Sec. 19. The compensation of the members of said Board shall be ten dollars per day each, for each day's actual attendance upon the said Board and in traveling to and from the place of meeting; *provided*, that no member of said Board shall receive compensation in any one year exceeding the sum of one hundred and fifty dollars, \*\*\*\*\*.

Sec. 20. The said Board of Directors shall employ and maintain in charge of said Asylum, a resident physician, who must be a college graduate in medicine and surgery, and have practiced his profession as such for not less than four years, \*\*\*\*\*.

Sec. 21. The resident physician, who shall also be the superintendent, shall be the chief executive officer of the Asylum; \*\*\*\*\*.

Sec. 25. The Governor of the Territory, the Chief Justice of the Territorial Supreme Court, the Secretary of the Territory, the Superintendent of Public Instruction, and the County Physician of Maricopa County shall, *ex officio*, constitute an Honorary Board of Directors for said Insane Asylum. The duties of said Honorary Board shall be to inspect said Insane Asylum, to investigate the books, accounts and doings of the Board of Directors and all officers of said Asylum \*\*\*\*\* Each of said Honorary Board of Directors shall receive a salary of fifty dollars per annum, \*\*\*\*\*.

Sec. 27. This Act shall take effect and be in force from and after its passage.

Approved March 9, 1885."

The notice of the sale of bonds to be published outside the Territory was probably most necessary as we note in the material placed in the cornerstone of the first building erected for the Asylum a card which states, "Valley Bank of Phoenix. March 13," 1886 Capital \$50,000.00."

Following the actions of the Territorial Legislature of 1885 events connected with the State Hospital moved rather rapidly.

The Arizona Gazette of May 21, 1885, reported:

"The Board of supervisors today purchased a tract of 160 acres, 2½ miles east of town, from C. H. Veil, for the uses and purposes of the proposed territorial insane asylum. A water right belongs to the land, and the price paid, \$3,500 in county bonds, makes the property the cheapest transferred in the county for a number of years. The location is certainly a very desirable one and the board of supervisors has done well in this purchase."

On the day of purchase the Board of Supervisors of Maricopa submitted this property to the Hospital as evidenced by the following handwritten document:

To the Hon. the Directors of the Insane  
Asylum of Arizona  
Gentlemen  
You are hereby notified  
that the Board of Supervisors of Maricopa  
County did on the 21<sup>st</sup> day of May 1885  
select the Southwest quarter of section  
two (2) in Township (17) North of Range (three) (3)  
East Salt River and Elva Meridian and  
containing one hundred and sixty acres  
of land with one water right in the  
Grand Canal Company to irrigate the  
said land for the construction and  
erection of the Insane Asylum thereon  
all of which is respectfully submitted  
for your acceptance.  
By order of the Board  
of Supervisors of Maricopa  
County made May 21 1885

J. R. P. Alexander  
County Board  
Supervisor of  
Maricopa Co.,



"To the Hon. the Directors of the Insane Asylum of Arizona  
Gentlemen

You are hereby notified

That the Board of Supervisors of Maricopa County did on the 21st day of May 1885 selectea the South West quarter of section two (2) in Township (1) North of Range three (3) East Salt River and Gila Meridian and containing one hundred and sixty acres of land with one water right in the Grand Canal Company to irrigate the said land for the construction and erection of the Insane Asylum thereon all of which is respectfully submitted for your acceptance.

By order of the Board )  
of supervisors of Maricopa )  
County made May 21, 1885 )

J. L. B. Alexander  
Clerk of the Board  
of Supervisors of  
Maricopa Co. A.T."

The deed conveying this 160 acres of land, with water rights, was executed October 8, 1885 and recorded October 12, 1885. The original deed is now on file in the office of the Hospital Business Manager.

On October 12, 1885, the Grand Canal Company issued share number fifteen of its stock to the Directors of the Insane Asylum of Arizona.



This share of stock has included on it the following words, "Location of the Canal, Salt River Valley, Maricopa County, Arizona, Capital Stock \$25,000. 100 Shares, \$250 Each."

The Phoenix West Herald of October 1 and 22, 1885, reported upon plans and bids for the buildings to be constructed. The same newspaper reported that on March 13, 1886, a cornerstone had been laid.

The initial construction of the Hospital was financed by a bond issue. This financial transaction seemed to have caused some difficulties. Fol-



lowing a lengthy investigation we note the Territorial Governor removed from office the Honorary Board of Directors of the Insane Asylum of Arizona with these remarks to each member.

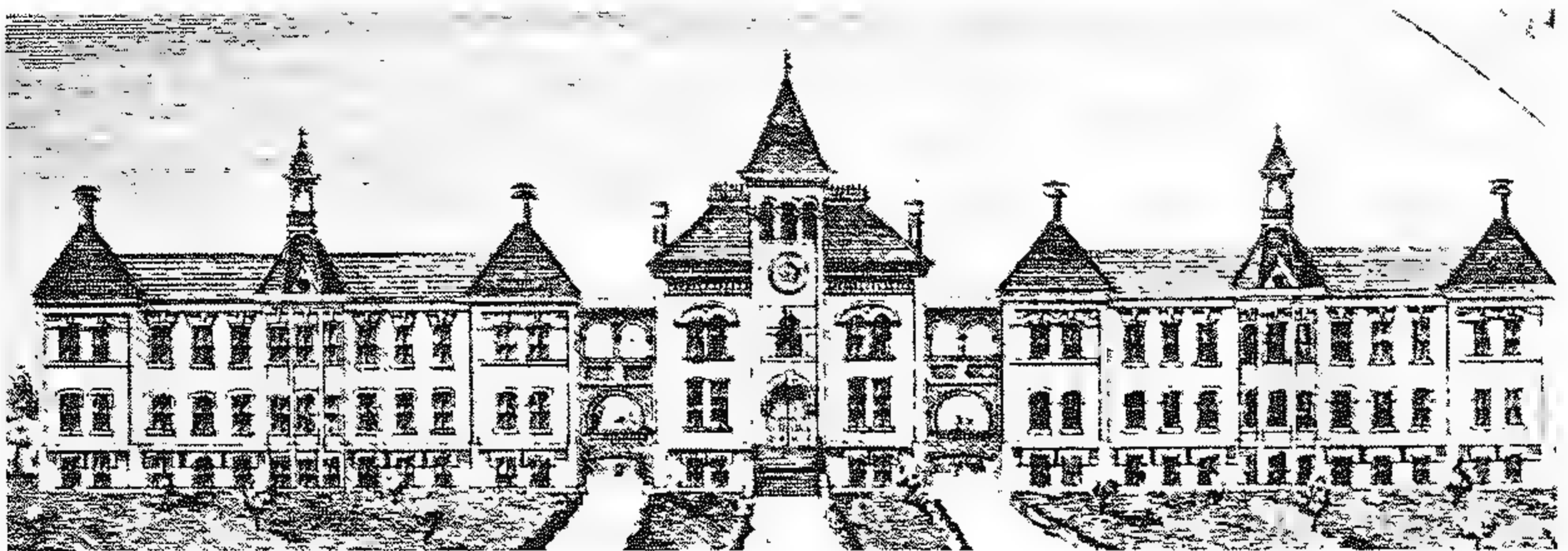
Prescott, May 15, 1886.

"Sir: You are notified that by an executive order made this day by me, as Governor of the Territory of Arizona, you are removed from the office of Insane Asylum Director, and discharged from all powers, duties and responsibilities in any manner connected with said office, on account of neglect of duty and official misconduct.

Very Respectfully  
C. MEYER ZULICK, Governor"

As noted previously, the Territorial Governor was a member of the Honorary Board of Governors.

The Phoenix Herald of July 6, 1886, reported that the building now known as the "D" Building had been completed, turned over to the Direc-



The Territorial Insane Asylum circa 1886

tors, accepted and paid for. This same newspaper report stated that bids for this building had ranged from \$44,150 to \$62,825, the lowest bid was accepted and the contract awarded to Carle, Croly & Abernerty of Stockton. Then, as now, there were modifications in the specifications as work progressed, the principal modification being the raising of the basement walls three feet, making the building three stories instead of two and increasing its capacity over fifty per cent. Concerning this modification the newspaper report states, "It was found that there would be an abundance of funds on hand to accomplish this and that it would be done much cheaper during the construction of the building than at any subsequent time and furthermore it was believed that the lower story would be the most comfortable of all during the summer months which proves to be the case."

This newspaper report further gives a rather lengthy description of the building. It states the center portion of the building was the Executive Department, with wings on each side of this area to accomodate patients. The second story of the center portion of the building contained the parlors and living rooms for the Superintendent's family.

Further, this article stated the walls are hard-finished, "in Cave Creek lime which proves to be nearly equal to Portland cement."

The following will be noted in this same report: "In the attic of the main building is placed a huge galvanized iron tank which will be kept constantly filled by means of a steam pump, and one similar tank is to be found in the attic of each wing. The roof itself is of corrugated galvanized iron with tin deck on the main building and the towers on the wings and main building are covered by tin shingles.

The height of the front elevation of the main building to top of tower is about 90 feet. In the rear of each wing is a walled area about 100 x 100 feet for the open air exercise of the patients, and between these two areas, behind the main building, is a one-story building about 30 x 40, built of brick, containing the laundry which is supplied with the necessary machinery, the engine room, and a bakery. The building is covered by iron and entirely detached.

The main building, wings, laundry, etc., are drained into a cesspool in the rear, some 300 feet distant, and which is about 20 feet in diameter and 15 feet deep, with made stone bottom and is brick lined and arched with a brick ventilating flue.

The building, as finished, can be made to accomodate, readily, about 280 patients, and is so designed and constructed that additions can be made at any time and the convenience and appearance of the present structure will be in no way impaired.

The construction of the building required upwards of eight months and occupied all the men that could conveniently work upon it during that time, the number ranging from 40 to 100 men, at times. In the walls of the building, and accessory structures, have been laid upwards of a million and a half of brick. More than 4,000 barrels of lime have been used in the walls and in plastering all of which was Cave Creek lime, and of the very best quality, setting like stone in the walls of the building and finished by Messrs. Goldberg."

Also in this report is stated, "The attention of the Directors has however, not been confined entirely to the erection of the building. By direction of the Board, Director Hatch has had the entire 160 acres cleared of brush, plowed, harrowed and seeded down to grain and alfalfa, except such portion as has been reserved for a vegetable garden and orchard, in the latter of which upwards of 2,000 vines and trees have been set out and are growing nicely. A hedge has been planted along the entire front of the grounds."

On December 27, 1886, the Board of Directors of the Insane Asylum of Arizona issued to J. L. Ward and J. H. Behan of Phoenix, a contract "for the removal of the insane of the Territory of Arizona, now at the asylum of Dr. Isa Clark, at Stockton, in the State of California, to the Territorial Insane Asylum at Phoenix Arizona Territory, and to convey said insane in emigrant sleeping cars from Stockton, California, to Maricopa Station, Arizona, and in comfortable conveyances from said Mari-



This Indenture made the 24th. day of December A.D. 1886,  
between J. S. Ward and J. H. Behan of the City of Phoenix, County  
of Maricopa Territory of Arizona, the parties of the first part, and  
A. S. Henshaw, George S. Kemper and H. A. Dwyer, constituting  
the Board of Directors of the Insane Asylum of Arizona, the parties of the  
second part, Witnesseth: That whereas the said Board of  
Directors did on the 14th. day of December A.D. 1886, cause to be  
published an advertisement inviting sealed proposals for the removal  
of the insane of the Territory of Arizona, now at the asylum of Dr. Isa-  
ack Clark, at Stockton, in the State of California, to the Territorial Insane  
Asylum at Phoenix Arizona Territory, and to convey said insane  
in immigrant sleeping cars from Stockton, California, to Maricopa  
Station, Arizona, and in comfortable conveyances from said Maricopa  
Station to the Asylum at Phoenix, Arizona, and to furnish suit-  
able food to said insane from Stockton to the Asylum at Phoenix,

~~and that the said Board of Directors did on the 14th. day of December A.D. 1886, cause to be published an advertisement inviting sealed proposals for the removal of the insane of the Territory of Arizona, now at the asylum of Dr. Isaack Clark, at Stockton, in the State of California, to the Territorial Insane Asylum at Phoenix Arizona Territory, and to convey said insane in immigrant sleeping cars from Stockton, California, to Maricopa Station, Arizona, and in comfortable conveyances from said Maricopa Station to the Asylum at Phoenix, Arizona, and to furnish suitable food to said insane from Stockton to the Asylum at Phoenix,~~  
upon which said proposals were to be opened and the contract  
awarded, the said parties of the first part, the said J. S. Ward  
and J. H. Behan put in a Bid for removing said insane at  
the price of \$42. for each and everyone of said insane so removed and  
it appearing to the said Board of Directors that the said J. S. Ward  
and J. H. Behan were the lowest, and best bidders for removing said  
insane, the said Board of Directors did then and there award the  
contract for removing the said insane

~~at Phoenix Arizona Territory, and to convey said insane in immigrant sleeping cars from Stockton, California, to Maricopa Station, Arizona, and in comfortable conveyances from said Maricopa Station to the Asylum at Phoenix, Arizona, and to furnish suitable food to said insane from Stockton to the Asylum at Phoenix,~~  
price of \$42. per capita for each and everyone of the insane so removed.  
Now therefore the parties of the first part for and in con-  
sideration of the covenants and agreements on the part of the said  
parties of the second part, hereinafter mentioned, hereby covenant  
and agree with the said parties of the second part that the said parties  
of the first part will remove the insane of the Territory of Arizona now in

the Asylum of Dr. Isa Black, at Stockton California, to the Territorial Insane Asylum at Phoenix, Arizona, and then deliver at said Territorial Asylum to the Board of Directors of the Insane Asylum of Arizona, the said insane so removed, and that the said parties of the first part will receive the said insane at the Asylum of Dr. Isa Black, at Stockton, California, on or before the 10th day of January A.D. 1889, and from thence convey them to Maricopa Station, Arizona Territory, in emigrant sleeping cars, and from said Maricopa Station to the Asylum at Phoenix, Arizona, by comfortable conveyances, and to furnish suitable food for said insane during their removal from Stockton, California, to Phoenix, Arizona, and all the necessary attendance that may be required for the comfort of said insane, subject, nevertheless, to the approval of Dr. D. E. Mahoney, Superintendent of the Insane Asylum of Arizona, and that Dr. D. E. Mahoney, Superintendent of the Insane Asylum of Arizona, shall have the entire supervision of the management of said insane persons during their removal.

And the said parties of the second part in consideration of the covenants and agreements on the part of the parties of the first part hereinbefore mentioned,

agree to and with the said parties of the first part, that they will allow and pay to the said parties of the first part, at the rate of \$42 for each and every insane person so removed and delivered at the Insane Asylum of Arizona at Phoenix, Arizona Territory, upon the delivery of said insane at said Asylum.

In Witness Whereof the parties of the first and second parts have hereunto set their hands and seals the day and year first above written.

L. L. Ward [Signature]  
J. H. Behan [Signature]  
Board of Directors of Insane Asylum of Arizona by E. J. Kemper [Signature]  
Chairman Board of Directors  
of the Insane Asylum of Arizona.

copa Station to the Asylum at Phoenix, Arizona, and to furnish suitable food to said insane from Stockton to the Asylum at Phoenix, and all the necessary attendance during the journey: \*\*\*\*\* at the price of \$42 per capita for each and everyone of the insane removed. \*\*\*\*\* and that said parties of the first part will receive the said insane at the Asylum of



Dr. Isa Clark, at Stockton, California, on or before the 10th day of January A.D. 1887, \*\*\*\*\*, and that Dr. O. L. Mahoney, Superintendent of the Insane Asylum of Arizona, shall have the entire supervision of the management of said insane persons during their removal."

Mr. Louis Ludwick, who has been an employee of the Santa Fe railroad for over 35 years, has stated that an emigrant sleeping car was an ordinary box car with a layer of straw in it.

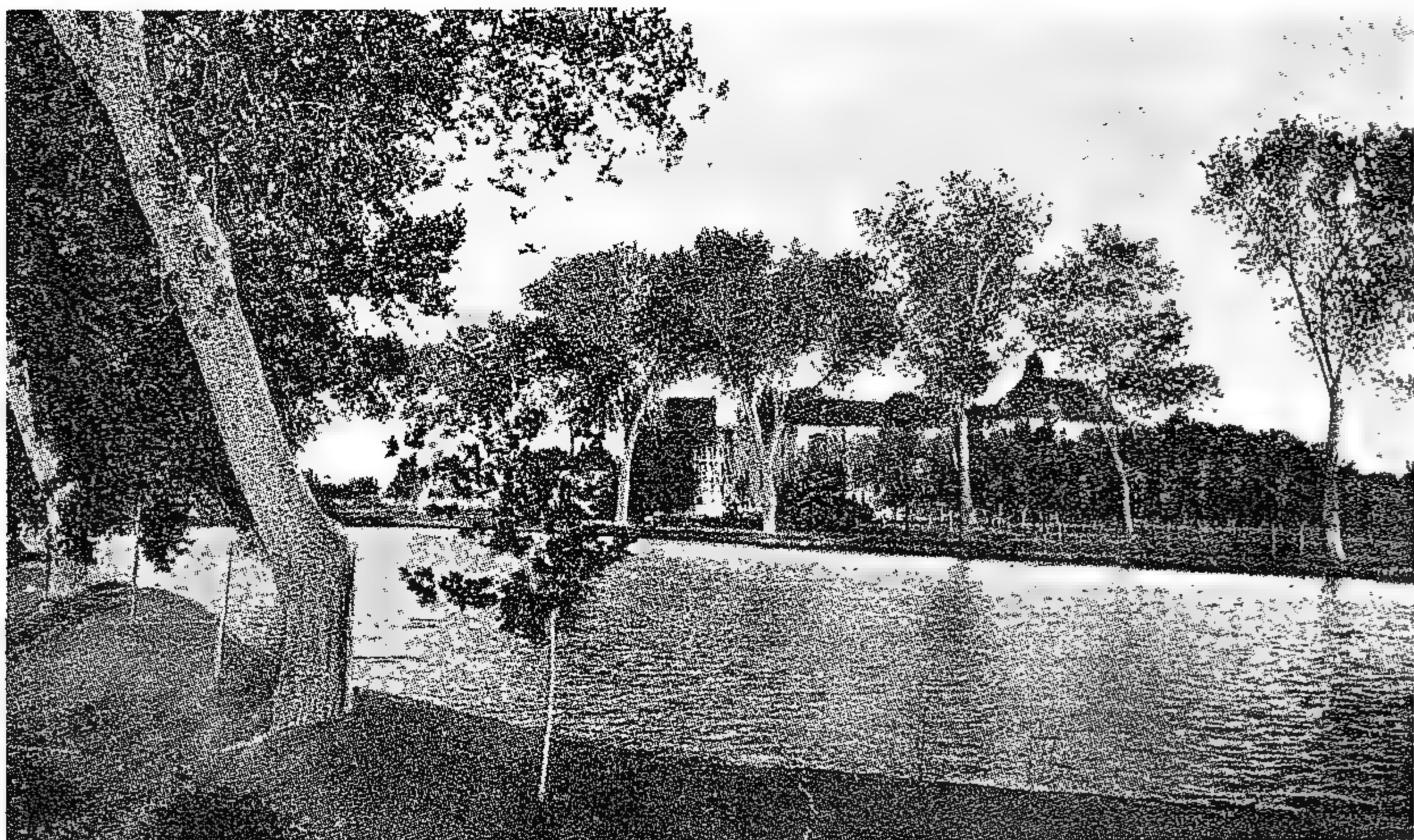
The opening of the Hospital must have been of considerable interest to the community as we note in a Phoenix newspaper dated January 13, 1887, the following:

"Hinton Thomas, under Sheriff of Pinal county, is in this city with S. M. Williams, a man who was pronounced insane and ordered confined in the Phoenix asylum by the supervisors of his county. This is the first patient sent to the new asylum, and he will be confined in the county jail here until the opening of the institution next week."

Hospital records show a S. L. Williams, Pinal County, was admitted January 15, 1887, and discharged May 16, 1889. His Hospital Number was 63.

Hospital Number 62 was assigned to Antonio Paulo, Maricopa County, who was admitted January 15, 1887, and was discharged June 10, 1887.

On January 15, 1887, the Arizona Gazette reported that shortly after six p.m., January 14th, a procession of six, four-horse coaches was seen going down Washington Street to the new Hospital. In the procession were 61 mental patients, guards and the Hospital Superintendent. Further, this article stated Dr. D. L. Mahoney, the Hospital Superintendent, had gone to Stockton to accompany the patients, there had been little



Insane Asylum, Phoenix, Arizona, 1890.

difficulty upon the trip and only one patient had escaped. This patient was found at the home of a Phoenix resident. Further, this article stated Mr. J. L. Ward had the contract to transport 70 patients from Stockton but the authorities at Stockton could produce only 61 patients.

Probably as a sequel to the story of January 15th, and for the information of the citizens of the Territory, the same newspaper upon January 17th published a list of the names of the patients in the new Arizona Insane Asylum.

During the first decade the Hospital showed a steady increase as evidenced by the First Biennial Report of the Board of Control 1895-96. The following excerpts from this report indicate this condition.

Inmates, average 1893 and 1894	107
Inmates now in the Asylum	154
Cost for two years	\$54,355.88
Cost for preceeding two years	\$51,579.61

“A comparison shows but little increase in cost during 1895 and 1896 over the preceeding two years, although the number of patients is greatly in excess of what it was then.”

At the turn of the century we note from data in the State Library that the Territory of Arizona had a population of 122,931, while that of Phoenix was 5,544. The Biennial Report of the Board of Control of Arizona for 1897/98-1902/04 states that at the beginning of 1900 the



Insane Asylum, Phoenix, Arizona, 1896

Hospital had 135 male and 40 female, a total of 175 patients. It would seem the Hospital had grown considerably during the period from its activation to the end of the century, realizing it started with 61 patients. The population of the territory in 1887 was about 60,000, and that of Phoenix about 2,000.

In this same Biennial Report is to be noted the following: “Upon our assuming charge of the Insane Asylum a few months prior to the begin-



ning of the biennial period, we found that one of the most urgent needs was a uniform system of reports and accounts."

"Four wards in use are badly overcrowded, owing to the fact that the two basement wards had never been finished."

The Board of Control was organized March 25, 1895 and began to function upon April 1, 1895. It replaced the Insane Asylum Board, the Territorial Prison Board and the Reforms School Board.

This Board estimated repairs were needed, at a cost of \$18,000. The assembly granted \$12,000 for repairs. This appropriation permitted the Board to repair the plumbing, which appears to have been installed in 1886. Further, the basement wards were prepared for occupancy.

Also in this same report is to be noted:

"ordinary daily bill of fare furnished the patients:

Breakfast—Mush and milk, meat stew, fruit, bread, coffee and milk.

Dinner—Soup, boiled meat, potatoes, beans, rice pudding, bread.

Supper—Hominy or rice, stewed fruit, cold meat, bread and butter, tea."

The failure to mention butter for the morning and noon meal is not an oversight as we see in later reports it is proudly stated enough milk had been produced to enable the Hospital to furnish butter at all three meals.



Food being served patients circa 1941.

In comparison, the menus for Wednesday, June 6, 1962, were:

#### REGULAR MENU

Breakfast—Lasco Orange Juice, Oatmeal, Fried Egg, Toast and Butter, Coffee and Milk.

Lunch—Braised Ribs, Brown Gravy, Mashed Potatoes, Turnips, Cranberry Sauce, Bread and Butter, Ice Cream and Milk.

Dinner—Beef-Noodle Soup, Spanish Rice, Buttered Summer Squash, Bread and Butter, Bread Pudding with Lemon Sauce, Milk.



A Typical Food Serving 1962.

#### SOFT MENU

Breakfast—Lasco Orange Juice, Oatmeal, Soft Cooked Egg, Toast and Butter, Coffee and Milk.

Lunch—Ground Beef and Gravy, Mashed Potatoes, Mashed Turnips, Cranberry Sauce, Bread and Butter, Ice Cream and Milk.

Dinner—Beef-Noodle Soup, Spanish Rice, Pea Puree, Bread and Butter, Bread Pudding with Lemon Sauce, Milk.

During the fiscal year 1899-1900, the cost of operation of the Hospital was \$32,555.48 as shown in the Board's Report. Of this sum \$389.30 was spent for medical supplies and \$14,112.42 for salaries of employees.

The General Assembly of 1902 changed the name of the Hospital from "Insane Asylum of Arizona" to the "Territorial Asylum for the Insane."



The 22nd Legislative Assembly that met January 19, 1903, did much to influence the operation of the Hospital. This Assembly authorized the Board of Control "to prepare and adopt forms of complaint, certificate of lunacy, and commitment and any and all rules and regulations they may deem necessary for the proper commitment of insane persons to the asylum and adjudged by competent courts and tribunals to be insane and to be removed to and kept and confined in said Asylum all persons who have been adjudged insane and who are now and who shall hereafter be adjudged insane."

This Assembly also stated the Superintendent of the Hospital could release a patient upon parole, while the Board of Control could order the discharge of a patient when he was not insane.

There appears to be no longer in existence a compilation of the laws passed by the 22nd Legislative Assembly which met in 1903, but we do read in the Journal of this Assembly that House Bill number 92 was passed by the House on March 6, 1903 and approved by the Governor on March 19, 1903. This House Bill was an act to provide for the issuance of \$100,000.00 in bonds for the purpose of making improvements to the Territorial Asylum for the Insane, and other purposes.

It would appear that the credit of the Territory of Arizona was not as good in 1903 as it had been in 1885 when it issued bonds for \$100,000.00 to establish the Hospital.

Report Number 1038 to the Congress of the United States urged the



One of the early Ward Buildings. Later used for offices, employee quarters and Canteen.

passage of H.R. 6494, an act to approve Arizona's bonds for \$100,000.00 for improvements to the Territorial Asylum for Insane, Arizona. This report stated there were almost 300 patients in the asylum, in one building adequate for about 150. There was no separation by classes of patients, and the Warden could not give the necessary aid and attention to the inmates.

In the report of the Board of Control for 1903-1904 it is stated that a well had been sunk and cased upon the Hospital grounds at a cost of \$1,144.50. Further, that when approved by Congress, bonds in the amount of \$100,000 would be issued to erect buildings to overcome crowding. These bonds were to be issued during several years. \$20,000 in bonds were to be issued by June 30, 1904, thereafter \$10,000 in bonds were to be issued each year until the approved action had been completed. On May 28, 1904, \$10,000 in 5% Territorial bonds were sold for \$10,876.80, the "highest premium ever received on Territorial Bonds." With this latter sum available the Board let a contract to build a cottage to house 50 patients.

In passing, it might be interesting to read the following item in the report of the Board of Control covering the period July 1, 1902 to June 30, 1904.

"CASUALTIES. A coincidence rather remarkable occurred during the first fiscal year of this period in the demise of the first two patients committed to an Asylum from the Territory of Arizona.

Originally these were sent to Stockton, California. They died within a few days of each other. One of these, Mollie Monroe, or Mollie Sawyer, was quite a character in the pioneer days of the West. She was, perhaps, better known to more 'Old Timers' than any other woman in the Territory, while her caprices, mad acts and adventures on the frontier in the early sixties were realities that to most of us, seem to have existed only in romance and fiction. She carried the proverbial six-shooter and was the wildest roisterer at many midnight escapades. She was the discoverer of the famous Castle Creek Hot Springs, of Arizona."

The accuracy of the above report is questionable. It was written about twenty-five years after the first patient was sent to Stockton.

Records in the Hospital Record Room show Westley Wricketts, Hospital Number 1, was admitted May 12, 1876 and died November 26, 1902. Mollie Monroe, Hospital Number 2, was admitted May 18, 1877 and died November 20, 1902.

The report of the Medical Superintendent of the Hospital stated to the Board of Control that on July 1, 1903 there were 188 male patients and 38 female patients in the Hospital.

However, the Biennial Report of the Board of Control dated July 17, 1908, states that during the period 1906-1907 the Hospital had an average of 252.86 patients that cost the state 45.5 cents per day. During the period 1907-1908 the average number of patients had risen to 289.4 while the daily cost had jumped to 50.5 cents per patient.



A Report of the Board of Control dated January 8, 1909, has the following remarks concerning the "D" Building.

"but the main building is approaching, if it has not already reached, a condition of unsafety, that will not permit of its occupancy many more years \*\*\*\*\*, so that with the best of care, under the most favorable conditions it cannot be considered other than a hazardous place to house over three hundred of the Territory's unfortunate dependents."

This same report stated the "C" Building was under construction and further "In lieu of buying land for sewerage \*\*\*\*\* the sewer line was extended a half mile to the river bed." Also, this report stated that for the Biennial period ending June 30, 1908, the cost of operating the Hospital was \$109,354.51, and that it was estimated the number of inmates would increase 50 during the next two years.

The report of June 30, 1909, stated 127 patients had been admitted during the year, giving the patient population upon this latter date as 256 males and 69 females, a total of 325. In this same report it was stated the death rate had been 9.3% during the year, explaining this high rate was due to the over crowded condition of the Hospital.

During this same period the dairy herd was sold and a new herd of Holstein cows and a good Holstein bull were purchased. Among other accomplishments the Board stated, "cleared, leveled, fenced and have ready to plant the ten acre place one half miles south of the Asylum."

During the Fiscal Year 1910-1911, the Medical Superintendent included in his report the following sentence. "There have been no suicides or homicides, but I regret to report the accidental drowning of an inmate while swimming in the lake."

September 5, 1911, a fire started in the "D" Building which caused considerable damage to the structure. The Arizona Gazette of that date has included in its story of the fire the following remarks:

"Flames discovered at 9:30 o'clock this morning in the old administration building of the Territorial Asylum for the Insane located about three miles east of Phoenix, on the Tempe road, practically destroyed that structure, and for more than an hour menaced the cottages in the immediate vicinity of the main structure. Despite the harrowing possibilities of panic among violent patients or the overlooking of the infirm, not a life was lost nor a patient injured. Defective wiring is believed to have been responsible for the starting of the blaze which for a time threatened the destruction of the entire group of buildings comprising the asylum."

"The asylum fire department made up of employees of the institution, quickly manned a number of streams while the in charge nurses ordered the patients into marching formation and quickly vacated the big building."

"Five minutes after the first flames were seen leaping from the cupola the entire second floor of the main portion of the structure was a roaring furnace."

"Shortly after 10 o'clock the fire engine drawn by a big automobile, arrived at the grounds and was stationed beside the lake at the rear of the building. Four streams were immediately put into play and the control of the fire from then on was simply a matter of endurance."

"The real danger of loss of life came from the fact that in the infirm-ary ward were located about forty-five patients in various stages of help-lessness. Many of these were able to walk out, but the greater part re-quired assistance. A shortage of attendants at a critical moment necessi-tated the pressing into service a number of patients from the convales-cent ward and from the working force. With little or no manifestation of excitement the stronger patients assisted the weaker ones to places of safety and then placed themselves in readiness to be of further service if necessary."

"Governor Sloan, realizing that the regular force of nurses and attend-ants at the asylum would be inadequate to protect the patients and the property, issued an order calling out both local companies of the Na-tional Guard."

"In the burned building were four wards, known as the convalescent ward, or No. 1; violent ward, or No. 2; working patients' ward, or No. 3; and the infirmary, or No. 6. A portion of the basement was given over to sleeping quarters for the night nurses and attendants."

"While the fire was at its height and fear was expressed that the flames would leap into the adjoining buildings, a call was sent to Tempe asking for aid. Before the Tempe fire department was able to board a special train, it was found that the fire was practically under control, and they were so notified."

"Had it not been for the effective work of the Phoenix fire department and especially of the fire engine which gave the much needed pressure, it is certain that the property loss would have been much greater."

"Contrary to the general impression of probably panic among the pa-tients, it seemed that the patients were the least disturbed of those on the grounds during the progress of the flames. Two patients had been placed at work earlier in the morning running mowing machines over the north lawns. Although they had to lift their machines over lines of hose, these men kept at their work as unconcerned as though a picnic were in progress. Another patient emerged from the building carrying an armful of hand fire extinguishers, which he carefully deposited at a dis-tance from the building. Two patients were detailed to wheel coal to the fire engine. They would wheel a barrowful of coal to the engine and then sit down and watch Ollie Bellas shovel it into the furnace box."

"There was no effort made to escape by any of the patients. A count was taken at noon and all the patients accounted for."

The Board of Control in its report dated June 30, 1911, stated the fire was caused by plumbers dropping hot solder into the dust of an air shaft. It further stated the building was composed of two four-inch brick walls with a four-inch air space between.



\$25,000 insurance was collected upon the building, and the board had a problem deciding whether it was best to repair the building or erect a new one. It was decided to repair the building, filling the air spaces with concrete and making all floors and stairways of the same material. This board stated the work would produce a very substantial fire-proof structure at a cost of about \$60,000.

Governor George W. P. Hunt in his message to the First State Legislature, Third Session, February 3, 1913, includes the following statements concerning the Hospital.

"At the State Insane Asylum great strides have been made toward the development of a modern hospital for the scientific and expert treatment of the mentally diseased, and most gratifying results are being secured."

"Two new buildings have been completed, to replace those lost by fire, and they are far better adapted to the institution's needs than the old ones."

"There are a great many chronic insane and other patients who could, with profit to themselves and to the State, be employed at farming, if the asylum had the land to farm, and I recommend that steps to secure it be authorized."

"At the present time twenty-five cows furnish about one-fourth of the milk required for the institution. Since it could be done for little additional expense except as it will require an initial outlay, I recommend that steps be taken to make the milk production equal the demand."

"If the practice of receiving at the asylum all classes of insane is hereafter to be followed, extensive enlargements will have to be provided almost immediately."

"A separate institution might, and of right ought to be, provided for epileptic patients. This is a form of insanity of a distinctive character, and one which can, with proper treatment, be cured in a very large percentage of cases. A hospital for epileptics could easily and with little expense be established at Fort Grant, where a large number of entirely suitable buildings are available, and land may be had for farming purposes."

As an indication of the operation of the Hospital during the early part of the twentieth century the following items are to be seen in an eight page, printed, undated and unsigned pamphlet entitled, "*Rules and Regulations Arizona State Hospital*," placed in the cornerstone of the "D" Building about 2:30 p.m., April 23, 1913.

"In consideration of the fact that Attendants receive board and quarters their whole time must belong to the State.

While the public service is not military in its character it resembles it to the extent that its first law is 'O-B-E-Y!!.'"

"Employees assigned to the domestic department will not consider their services ended with the completion of the day's tasks. They are

subject to the rules of the institution in every respect and their entire time belongs to the State. They are liable to be called upon to relieve upon the wards or perform additional duty when not otherwise engaged."

"Violent inmates are better and easier controlled by kindness than force."

"Epileptic inmates are always in need of careful attention; they are liable at any time to fall during convulsions and sustain injuries."

"Destructive inmates are a reflection upon an institution."

"Mechanical restraint of all kinds is to be abolished and is never to be used without permission of the Superintendent or Assistant Physician."

"Seclusion is abolished in this institution and all bedroom doors must remain unlocked during the day and at all times accessible."

VISITORS. "They will be conducted through the wards every Tuesday and Friday afternoon of the year and the Attendant will explain every feature of the work."

"In general all employees, excepting Head Attendants, will be expected to take a tour of night duty each year."

"Every part of the Hospital must be prepared for inspection at 9:30 every morning."

"Patients' clothes are to be thoroughly searched once every two weeks—every second Tuesday—such search to be made after patient retires."

"Attendants will immediately present themselves and conduct officers when they appear on the wards."

Also in 1913, in the Revised Statutes of Arizona, Civil Code, the name of the Hospital was changed to "State Asylum for the Insane": the salary of the Superintendent was established at \$3,000.00 per year, payable semi-monthly; with the issuance of bonds and interest on same as provided for in 1885 to remain in force. Further, "The Board of Control shall have power to make by-laws for the government of the Asylum, and shall cause to be kept a record of the proceedings, which shall at all times be open to the inspection of any citizen of the state." Also, the "Board to prepare and adopt forms of complaint, certificate of lunacy and commitment, and any and all other rules and regulations that they may deem necessary."

As of June 30, 1913, the Medical Superintendent, among other things, reported to the Board of Control, "The test made for syphilis on those admitted, during the year, shows that 44 91/100 per cent were afflicted with that disease, and that in a majority of the cases it was the sole cause of the mental derangement."

In the Board of Control report of June 30, 1914 we note that the Auditorium, the Dining Hall and Kitchen were finished during the fiscal year 1913-1914. A bronze plaque upon the Auditorium indicates most of the construction work of the building was done by patients.



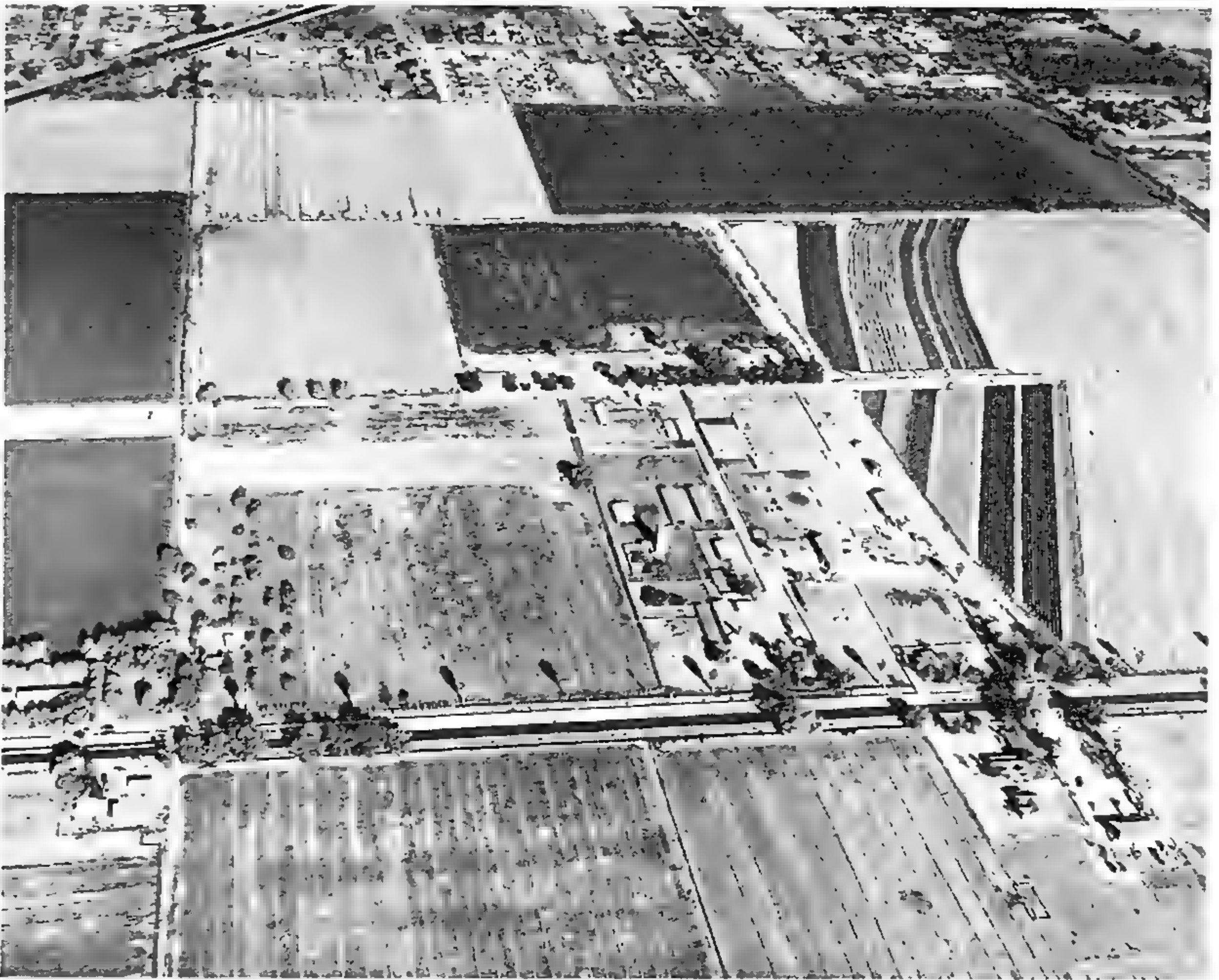
Reports of 1915 and 1916 show the 1909 solution of the Hospital sewage problem was not satisfactory. In the report of June 30, 1915 are the following remarks:

"The sewer of the institution, which empties into a flood channel of the Salt River, has presented a difficult problem. The people of the Wilson district have objected strenuously to it and urged its removal. The Board has made several attempts to satisfy them, but thus far without success."

However, the report of June 30, 1916 states that the Hospital sewer system had been connected to the sewage system of the City of Phoenix. This report gives the full text of a rather complicated contract between the Hospital and the city covering this matter.

The Board of Control was abolished on June 7, 1917. To take the place of this Board, Section 13, Chapter 39 Session Laws of Arizona, 1917, created a Commission of State Institutions.

The first report of this Commission stated it was charged "with the duty of exercising oversight and general control of fourteen different Institutions and Departments, of supervising the construction of all public buildings and improvements thereon; of maintaining a uniform system of records and accounts for all institutions under its control, including the State Highway Department; of visiting as a body, every institution once in six months; of having one of its members inspect every part of every



Hospital Farm circa 1955.

institution at least once in thirty days; of preparing estimates and budgets of needed appropriations and improvements for all institutions prior to every biennial session of the Legislature."

It would appear this was a rather large order for one Commission. The Commission seemed to be of the same opinion as it made the following remarks in its first report.

"These numerous responsibilities were made more difficult during the first year of the existence of the Commission by economic conditions resultant of the European War; the increased cost of all materials and supplies; the scarcity of trained workers in all employments; the frequent changes in the personnel of the Commission, and the epidemic of Spanish influenza."

"The farm purchased for the State Hospital for the Insane in the autumn of 1917, \*\*\*\*\*, has yielded a generous harvest this year."

There were also remarks in this report upon the recommended construction of buildings at the farm 2½ miles from the main Hospital, and statements that the value of the Hospital was \$458,597.61, which included \$91,316.00 for farms, equipment, machinery, live stock, furniture, etc.

The report, "Board of Directors of State Institutions 1919-1925" in an item dated March 17, 1919, makes the following statement, "A resident physician for the Hospital for the Insane, who must be a college graduate in medicine and surgery, and have practiced his profession as such for not less than four years ..... \$3,000.00."

As of June 30, 1919, the Hospital Superintendent reported the Hospital had 263 White Male patients, 115 Mexican Male patients, 102 White Female patients and 46 Mexican Female patients, a total of 526 Hospital patients. This same report stated the Hospital operating expense for the fiscal year 1918-1919 was \$172,039.71.

At this period there seems to have been some belief that the incidence of poor mental health might be affected by race. The Superintendent in his report as of June 30, 1920, makes the following remark.

"On Table No. 7, the race of first admissions are classified with reference to the principle psychoses. From an economic standpoint as noted before, this table is significant to this state, in that it shows that of any individual race the Mexican race is responsible for the greatest number of commitments, and that a large percentage of these fall into the chronic classe." During the fiscal year 1919-1920 there were 110 admissions.

As of September 30, 1922, the Board of Directors of State Institutions recommended the plot of ground south of the main grounds of the Hospital be sold. "We recommend that the ten acres known as the sewer farm south of the Asylum be sold as this piece of land is one mile from the Asylum and cannot be used to advantage for garden or farm purposes. When this property was purchased it was for the purpose of a septic tank to take care of Asylum sewerage but the sewerage is now being handled through the Phoenix city sewer."



In this same report we note that the patient population as of July 15, 1922 had risen to 568, while the cost of each patient per day was 66.1 cents.

During 1922-23 the Board had difficulty with the water and heating system of the Hospital.

"Special mention should be made with reference to the emergency that existed at the State Asylum with respect to domestic water and the heating, steam and hot water system. This Institution was confronted with facing a winter without heat, hot water or steam for treatment of patients due to the utter breakdown of the system. This was caused by the complete clogging by precipitates in the hot water pipe lines, and the rusting out of these lines on account of the improper location of the cold water lines, which caused sweating to such an extent that the conduit tunnels were constantly wet. \*\*\*\*\* The only solution was to rebuild the system. \*\*\*\*\* This course has been followed.

It was the opinion of the Board that it would be a waste of money to rebuild the heating system, and still use the well water which caused the damage when city water containing much less solids was available. A contract was entered into with the City of Phoenix, providing for the repayment to the State for water service furnished by the city to users along the pipe line, installed by the Board to connect with the Hospital. This accomplished, the Board installed city water. \*\*\*\*\*."

This appeared to have been a rather satisfactory solution to this particular problem, as the following is in a report made two years later.

"The installation of the city water and the rebuilding of the heating system at this Institution has proved most satisfactory due to the improvement in the health and comfort of the inmates."

Should anyone believe that the Hospital was concerned only with the physical comfort of the patients, we should remember that in a report dated December 1, 1924, the Hospital Superintendent recommended that the state laws be changed to permit admission of patients on emergency and voluntary commitments. Also he recommended that the Hospital name be changed from "State Asylum for the Insane" to "the popular and more appropriate name which has been in common usage for some time, 'Arizona State Hospital'." Further he recommended the passage of a bill making it possible "to return to other states their residents who have been in this state but a limited period of time before being committed to this institution."

In the Revised Code of Arizona, 1928, is to be noted that the Board of Directors of State Institutions consists of the Governor, the Treasurer and an elector of the state appointed by the Governor. This was the Board of Directors of State Institutions, which supervised, among other things, this Hospital. For this Board there was appointed a full time Secretary and Executive Office at a salary of \$4,800 per year. There also was appointed a Purchasing Agent to purchase all supplies for institutions controlled by the board, whose salary was the same as that of the Secretary.

In this same code is stated that the Governor will appoint a resident physician to be the Hospital Superintendent. He must reside within the Hospital, and at all times be in attendance. His salary: \$3,000 per year.

On June 30, 1934, the Board of Directors of State Institutions reported that the Hospital had 895 patients, having received 353 patients during the year and released 351. At this time the cost of each patient was 61.7 cents per day.

It might be interesting to note in this same report that the State Prison had 649 prisoners which cost 77.5 cents per day each.

As of June 30, 1935, the Superintendent reported to the Board of Control that the Hospital was about 1½ miles from the eastern city limits of Phoenix. He further reported that there was an average daily attendance of 10 students at the Hospital school for juvenile patients. In connection with this school he made the following remark. "While this was an innovation, we feel, after two years trial, that the effort is very well worth while."

It will be noted in the Budget Requirements of 1935-36 that the Hospital still owned the ten acres of land south of the Hospital, and that it appeared to not be in use. This report also states the salary of the Superintendent was \$3,600 per year.

Mr. R. A. Clelland, the current Business Manager, has stated that within the last decade he made a diligent search for the title of the ten acres of land south of the Hospital that the Hospital controlled, and discovered this piece of land was never owned by the Hospital. How the Hospital acquired the use of this land, and how it assumed it owned the land, is unknown at the present time.

On November 16, 1940, the following was reported by the Superintendent.

"The increase of our nursing staff from two nurses to eight has raised the standard of care of the hospital. It also raised the morale of the attendant staff. A course of basic nursing principles in the care of mental patients was introduced with good results. It is urged that such a practice be continued on a larger scale so that a well trained staff may be had."

At 10:00 AM., May 12, 1941, the present State Hospital Board met for the first time. In its first report to Governor Osborn (dated December 15th, 1942) there are the following remarks:

"\*\*\*\*\* your Board wishes to emphasize as a matter of record, as follows:

First—The Sharpe Bill, passed twice by a cooperative legislature conscious of its responsibilities created an independent Board of control. This resulted in relieving the hospital of the incubus of political patronage.

Second—After fifty-seven years of sordidness at the hospital it was your signature which inaugurated a new era at the institution. The citizens of Arizona today are determined to have a decent hospital for their mentally ill.

Third—The productivity of the hospital farm has reached a point under the comprehensive plan made by the College of Agriculture of the University of Arizona, where the present facilities of the hospital are not adequate for the efficient and economical utilization of the farm produce.  
\*\*\*\*\*

Fourth—During the past fiscal year more money has been collected from those patients able to pay by more than fifty percent. \*\*\*\*\*”

It is doubted if this report of the Board exaggerated conditions at the Hospital when we see the following in the report of the Superintendent for the period July 1, 1940 to June 30, 1941.

“The problem of employees has been and will continue to be difficult, \*\*\*\*\* , under the present budgetary allowances. Desirable young men and women with some training and with good character, and apparently of healthy body and mind, will hardly work for \$60.00 a month, while the State Prison pays \$120.00 and private industries stimulated by the Defense Program are offering attractive positions. \*\*\*\*\* Conditions have been corrected as far as possible. Several employees were discharged for brutal and inhumane treatment of helpless patients, others for intoxication and severe neglect of duty.”

“The plumbing has been, and will continue to be, in a most deplorable state. \*\*\*\*\* This condition must be held responsible for a recent outbreak of typhoid and paratyphoid at the hospital.”

“\*\*\*\*\* water samples were taken at five points at the institution and one outside of the institution. \*\*\*\*\* All five samples taken at the institution were found positive for contamination, but the one taken outside of the grounds was found to be negative. This would seem to indicate that the City water was entering the institution free of contamination but that the faulty plumbing including numerous cross-connections was contaminating the supply.”

Indirectly the Second World War had its effect upon the Hospital. Also from the Superintendent's report of 1942-43 we note it was difficult to secure employees. Further, the patient population had increased to 998. This increase in patients was attributed to the increased population in the state, the admission of Japanese patients from the War Relocation Centers and some war casualties.

From a Superintendent's report made in the early part of 1945 we note the patient population had jumped to about 1200. The following items are in this same report.

“The school for feeble minded children at the Hospital was discontinued and the work was included in the occupational therapy program. The formal teaching of the class-room seems so useless for the type of children who are patients. On the other hand, some type of manual training, such as given in the occupational therapy department, might give some of the children the means of livelihood if and when they leave the institution. The occupational therapy activities have been extended to include sports, with excellent reaction among the patients.”



"The psychiatric training for nurses is a matter of serious consideration in connection with the various training schools for nurses throughout the state. The patients are available, the nurses are available, the staff for teaching is available."

"Wages for employees, with few exceptions, are most inadequate. It is difficult to understand why, at the Penitentiary the wage for guards is \$133.00 and at the Hospital, the wage for attendants is \$105.00."

"There are some phases of hospital administration which naturally are not appreciated by the average citizen. When one considers the fact that the administration has to do (1) with the ordinary insane (2) with the criminal insane (3) with many perverts, as a matter of routine, and in addition, with the emergencies which arise out of suicides, escapes and the petty differences of our 235 employees, it is apparent that it adds up to a complex problem."

The problem of the feeble minded children appears to have continued to plague the Hospital until November of 1954 when we see in the Patients' Records that 39 of these children were transferred to the Children's Colony at Randolph, Arizona.

The rapid increase in the number of patients following World War II lead to the establishing of a branch of the Hospital at Florence, Arizona, in what has been reported as an old Federal Prisoner of War Camp. In the



Arizona State Hospital circa 1953

report of the Superintendent, as of June 30, 1949, are the following comments:

"Some relief from over-crowding has been attained by the opening of the Florence Branch of the Hospital. By the end of the past fiscal year 278 patients had been transferred to that location where preparation had been made for their care by the renovation of certain buildings and the setting up of culinary facilities and the installation of all necessary services. Altogether 27 buildings are now occupied or are ready for occupancy. More patients can be accommodated than have been transferred but with the small units provided and in view of the present financial or budgetary situation an unbalanced patient to employee ratio results. The buildings already occupied are being more fully utilized by placing beds on porches thus increasing population without a corresponding increase in attendants."

The Florence Branch remained in operation until March 1, 1951, when the last employee of that installation, Mrs. Merrill Moore, presently the Coordinator for Remotivation, was transferred to the Hospital at Phoenix.

In January of 1953 the Legislature enacted a law giving the City of Phoenix a small portion of land in the north-west corner of the Hospital grounds. In exchange for this land the city strengthened the fire protection of the Hospital. Upon this plot of ground the city erected a City Fire Station.

The name "Arizona State Hospital" was used for many years, but it was not legally the proper Hospital name until made so by the Legislature in 1958.

On March 18, 1958, the mental health laws of the state were changed to conform with modern practices. This change stressed the fact mental illness is a psychiatric disorder. Further it is unnecessary for all patients to be committed to the Hospital by court action. At the present time patients may enter the Hospital upon a volunteer basis, upon medical certification, emergency certification or by court commitment.

The farm belonging to the Hospital, and located 2½ miles east of the main hospital grounds, was sold at public auction in October of 1960. Due to different patient treatments and the change in the social structure of the population of Arizona this land was of no further use to the Hospital. This sale was a cash transaction of \$1,550,000.00.

During the past few years the City of Phoenix has had a great expansion. As a result the road net of the city has been unable to adequately carry the automobile traffic. To aid the city to improve and widen the city streets, the Hospital Board during the latter part of 1961 gave the city an easement upon 14 feet of Hospital property along the western boundary of the grounds.

During the early part of 1962 the salary of the Superintendent was established by Legislature as a maximum of \$17,400 per year.

At the present time the Hospital, under the State Hospital Board of five members appointed by the Governor, is operated by the Superintendent

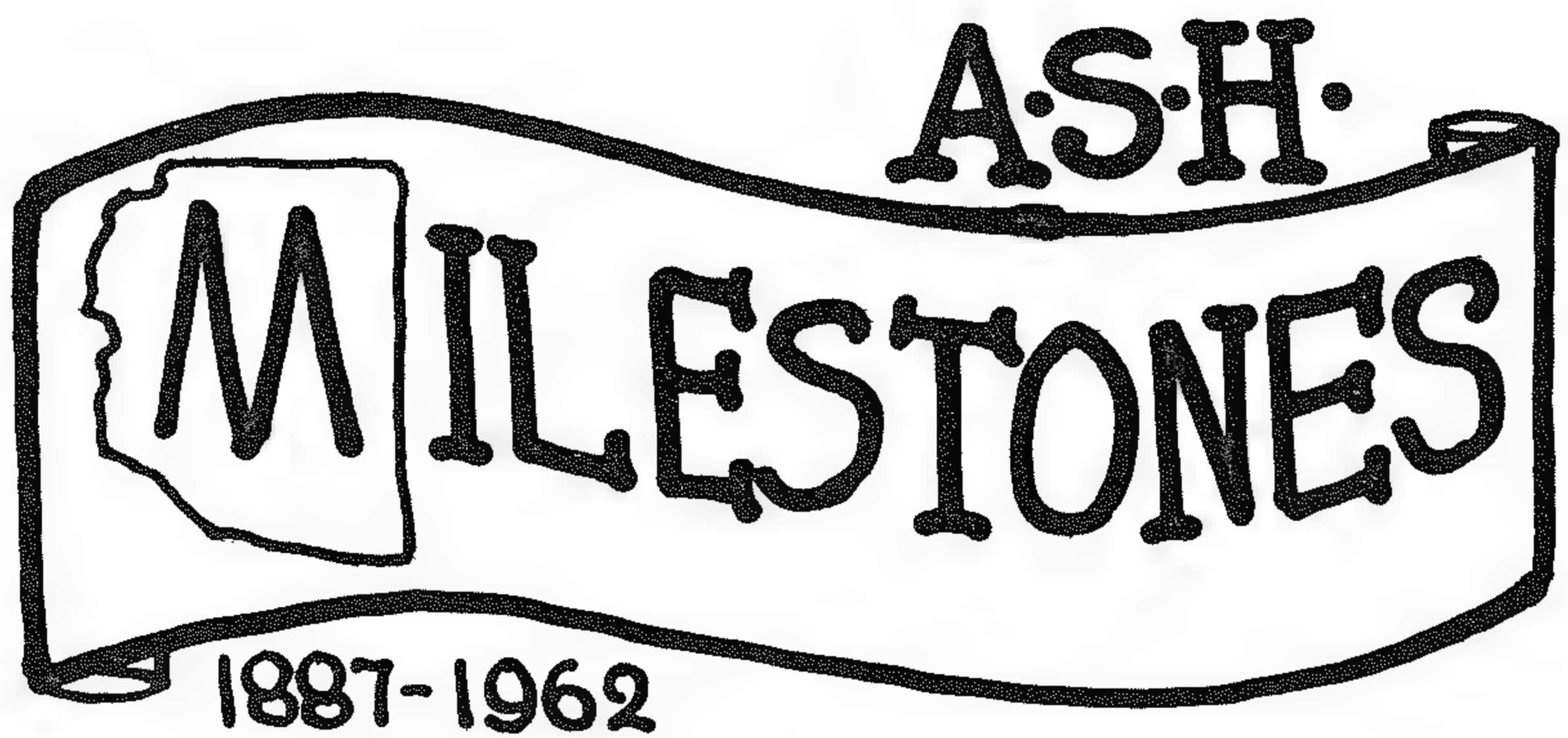


(a Psychiatrist), and has five divisions. These are the Business Division, the Personnel Division, Nursing Service, the Southern Arizona Mental Health Clinic and the Medical Division.

As of this date there are 880 male patients, 877 female patients and a total of 670 employees.



The first Hospital Procedure Committee  
circa 1953



## PATIENT CARE

Adeline Rosenberg

Mental illness has existed since the history of man. No chapter in the history of man's inhumanity to man is darker than that concerned with the treatment accorded those suffering from mental illness.<sup>1</sup> Although Hippocrates, Greek physician and father of medicine, had already made the first great contribution to psychiatry in the 4th Century B.C. by removing mental disease from the realm of mysticism and placing it in its proper place in medicine,<sup>2</sup> as late as the 17th Century, mental illness was thought to be due to demon possession.<sup>3</sup> The mentally ill were regarded with superstitious fear and were treated with a combination of cruel flogging and social avoidance.<sup>4</sup> Other early methods of treatment consisted of burning and blood-letting.<sup>5</sup> Prehistoric man had sometimes treated the mentally ill by drilling holes in the skull to permit the "evil spirits" to escape.<sup>6</sup> In the 18th Century most of the indigent mentally ill were either at large, or if dangerous, confined in jails, houses of correction, poorhouses, etc.<sup>7</sup> They frequently mixed with criminals and those suffering with all types of foul diseases; were usually chained, flogged, starved and kept in a filthy condition, without beds to lie on.<sup>8</sup>

When the Act making Arizona a Territory was passed, February, 1863, and the officials of the new Territory were appointed by President Abraham Lincoln the following month,<sup>9</sup> a sympathetic and understanding physician had already revolutionized the treatment of the mentally ill in France in the late seventeen hundreds by unshackling them from their chains, treating them with kindness, decency and hospitalizing them as sick human beings for the first time in the history of the treatment of the mentally ill.<sup>10</sup> Dorothea Dix was the leader in this humanitarian movement in the United States, traveling over the Country awakening public interest in the mentally ill, disseminating information and stimulating the establishment of hospitals.<sup>11</sup> In January, 1871, the third Governor of the Territory reported to the Sixth Arizona Territorial Legislature, which met

during the presidency of Ulysses S. Grant, that he was making inquiries as to the care that was given the mentally ill in other Territories where no buildings had been erected for that particular purpose.<sup>12</sup> Two mentally ill patients were being housed at Stockton, California, at the cost of \$998.86 and the physician in charge held very little hope for their recovery.<sup>13</sup>

Life preservation under the warring Apache Indians headed by Chief Cochise, who caused havoc between 1861 and 1872, took priority in the agenda of the Sixth Arizona Territorial Legislature in 1871, with the topic of the schools taken up next.<sup>14</sup> Other topics on the agenda were: the installation of the Atlantic and Pacific Railroads, registry laws, grand juries, surveys, town sites and other pressing matters.<sup>15</sup> It was not until March, 1885, during the presidency of Grover Cleveland, that the Act of the 13th Legislature of the Territory of Arizona provided for the establishment of a Territorial Asylum, the same year that the University of Arizona at Tucson was established. It "balanced up" giving the hospital to Phoenix, the State Normal School to Tempe, a bridge to Pinal County, a prison appropriation to Yuma and letting Prescott keep the Capital a while longer.<sup>16</sup> On January 14, 1887, the year of Dorothea Dix's death, the first 61 patients (49 men and 12 women) were transferred from the Hospital at Stockton, California, to the Arizona Territorial Asylum. The Southern Pacific Railroad had already been established across southern Arizona in 1878<sup>17</sup> (1880 according to another source)<sup>18</sup> and the Atlantic and Pacific (Santa Fe) in 1883 across the northern part of Arizona. Until 1880, mule teams had done all of Arizona's freighting.<sup>19</sup> Prior to 1879, merchandise and supplies had been brought to Yuma by steamboat and from there distributed by freight teams to the various settlements, frequently requiring six months to transport a consignment of goods from San Francisco to the interior of the Territory.<sup>20</sup> By the end of 1887, ninety-two patients were listed as being under treatment at the Arizona Territorial Asylum.

Between 1889 and 1890, during the superintendency of Dr. L. C. Toney, many of the patients admitted to the Territorial Asylum were greatly reduced in health and strength primarily from exposure and improper nourishment. Treatment consisted of building them up physically and mentally by hygienic, medical, calisthenic and even hypnotic means in addition to the provision of good, nourishing food, such as fresh beef, vegetables, wholesome bread, fruits and cereals. Work, however, was the principal "medicine" used. Patients were taken out daily to the fields to clear, grub or dig, the motto being that indolence produces insanity and work modifies it. This was born out in the fact that 100% of those discharged from the Asylum worked at something. The leather muff, wristlet and strap were the only means of restraint used.<sup>22</sup>

Dr. Tony reported the commitment of six patients without the Physicians Certificate of Lunacy accompanying them. He stated that there was a very lax, imperfect and improper system carried out in commitments. He requested that the Board of State Institutions prevail upon the Legis-



lature to amend the present Act organizing the Asylum to have the Board be given the power to have blank forms for commitments printed, a sample of which he had submitted to the Board. He recommended that the name of the Asylum be changed to The Arizona Hospital which might show the physical basis for mental illness; that legislation be enacted to govern an institution of this nature;<sup>23</sup> that alterations and improvements in the main Hospital building be undertaken; that the old stoves used for heating be replaced by steam heat facilities which would be safer; that a North entrance to the main building be constructed; that a new plumbing system, an amusement hall and carpenter shop combined be constructed. During the biennial period, 75 patients were admitted, 64 males and 11 females. Four of these were admitted twice, one three times, making the whole number really 69. From July 1st, 1889 to December 31st, 1889, 96 patients were cared for, with a daily average of 77½. The patients are classified into chronic and incurable cases, violent, working and convalescent cases, each group being segregated in separate wards to supply it the most satisfactory treatment possible. Dr. Toney recommended that trees, shrubs, flowers and grass be planted in abundance around the building as the treatment of patients should be through the olfactories, ear (music), eye and labor. Recreation and amusement consisted of the use of the magic lantern and participation in football games. Patients were given a joyous and happy time on Christmas by friends and personnel. Christmas gifts for patients were purchased by the steward with money donated by liberal business men in Phoenix. Religious services were not being held due to absence of a suitable place or chapel. A library was started for patients by soliciting funds and had 525 volumes. Different Territorial newspapers were distributed daily to patients and 30 to 50 per cent of them read with great interest. Prior to this administration, one newspaper, the S. W. Stockman, was received. A thorough system of keeping records of patients was established and maintained in good condition, complying with the statutes. The purpose was to completely write up the correct history of each patient as to acts; delusions, excitability, sleeplessness or violent states. A better and more modern stock of medicine was used "as was common with alienists and neurologists," and medicines prescribed were copied verbatim. The attendants and employees were trained and disciplined for hospital work, were considered competent to perform work skillfully, with neatness and dispatch.<sup>24</sup> In May, 1890, when the Board of Directors took over the affairs of the Asylum, there had been no money appropriated by the Territory to cover operating expenses since October 1st, 1889 for provisions, general supplies or wages for attendants and other employees; and the Board immediately proceeded to pay off the indebtedness against the Asylum.<sup>25</sup>

During Dr. J. Miller's superintendency from 1891 to 1892, restraint or seclusion of disturbed patients was seldom used. There was only one leather muff in the entire hospital and restraint consisted of confinement of patients to their rooms when they were excited. The dark rooms in all the wards, except the two receiving wards, were changed to sleeping rooms. The medical surgical treatment of patients was similar to that

practiced in other institutions of like character. Dr. Miller recommended that legislation be enacted to prohibit the commitment of "non-insane persons" to preclude the hospitalization of petty criminals or other "objectionable characters." He recommended that a statutory limit be enacted in which the sanity or insanity of an individual might be determined, thus relieving the Superintendent of the liability of damage suits, proposing a 30 day period of observation.<sup>26</sup>

Dr. Miller had the grounds in front of the Asylum building changed from a watermelon patch into an ornamental yard. Walks were built with an avenue for carriages around the entire park. On one side were planted pomegranates and on the other, umbrella trees. A small artificial lake was made on each side of the main avenue around which were planted a choice selection of flowering vines. The grounds were ornamented with evergreen trees, shrubs and flowering plants interspersed with palms, yuccas and grasses, giving the whole a tropical appearance. The walks and drives were all coated with granite gravel. A fountain 18 feet in diameter was built just in front of the Asylum entrance by two patients.<sup>27</sup>

Employment of patients who were physically able was accepted as a well established principle in the treatment of the mentally ill. Work out in the fields, in the wards, kitchen and dining rooms was of an agreeable nature and adapted to the disposition of the individual patient. The female patients were employed in occupations peculiar to their sex, such as sewing, knitting, tatting, etc. Daily walks were made imperative for those who were unable to get exercise in any other way. Amusements vied with labor as a remedial agent. Football was a great game among patients and was engaged in by both sexes with energy and enthusiasm.



Arizona State Hospital Baseball Team, 1916.



On Christmas, all patients were given presents consisting of handkerchiefs, nuts, candies, cigars, tobacco, and various other items suited to the individual taste of patients. The tables were supplied at all times with abundant, good nutritious and well cooked food. On Christmas and Thanksgiving Days, an excellent dinner consisting of turkeys, chickens, geese and ducks from the Asylum farm was served with all the usual trimmings.

In October, 1900, Dr. J. Miller reported that complete mental rest and mild physical employment were found most efficacious in relieving cases of temporary insanity. About one-third of the patient population had regular employment and practically all were given something to do at one time or another.<sup>28</sup>

Dr. H. A. Hughes, Superintendent in 1895 and 1896, recommended that a law be passed requiring a retiring superintendent to make a report in full to the Governor of the conditions of the institution up to the date of retirement. He instituted several important changes which he felt benefited and added comfort to patients, one of which was to permit the greatest amount of liberty to patients consistent with safety to themselves and others. In the absence of an amusement hall or chapel, the large halls of the second floor of the Administration Building were used for religious services every Sunday, for bi-weekly dances, and for the concert of the Asylum orchestra almost every evening after supper, as music was recognized by all alienists as exerting a quieting and soothing effect on mentally ill patients. This orchestra was soon to become a first class band, composed entirely of patients and attendants. The holidays were appropriately kept.<sup>29</sup>

Dr. Hughes recommended a change in the laws covering the handling and delivery of patients to the Asylum. It was customary then that sheriffs of distant counties frequently had to travel overland many miles with irresponsible female patients; often sheriffs had to be instructed with medicine to be administered according to their judgment. He proposed advanced notification of the commitment of a patient, and the character of the patient, in order that a trained attendant might be sent to bring the patient to the Asylum at no additional cost, and in a much more humane and satisfactory manner. The transporting of male or female patients taking several days of travel, handcuffed and shackled, had anything but a good effect on the troubled minds of timid patients and could in every instance be avoided if placed in the hands of trained attendants.<sup>30</sup> In an effort to relieve the crowded condition of the Asylum, he suggested the use of the Reform School Building for the placement of the epileptic patients in case that building was not needed.

By June 30, 1912, when Dr. A. C. Kingsley was Superintendent, a second assistant physician became necessary due to the increasing duties of the superintendent. On July 1st, 1912, there were 375 patients in the institution. Efforts were being made to secure complete case histories of every patient in the institution, and through these records, efforts were made to segregate patients properly into the different types of insanity; but there was a lack of sufficient room for the segregation. Two cases of



typhoid fever were recorded but otherwise, the general health throughout the institution was good. Dr. Kingsley did not believe that the treatment of alcoholic and drug addiction cases was within the scope of the institution which was not equipped for their proper management; for these types of patients were constantly complaining and fault-finding, which had an unfavorable influence over the other patients, he felt.

Due to the absence of a pathologist or bacteriologist, the Asylum had to depend on outside help for the proper examination of patients. Out of 118 patients examined, 44% were found to be suffering from syphilis, in a majority of cases being the sole cause of mental derangement. Dr. Kingley expressed the hope that the next Legislature pass more rigid marriage laws and other preventive measures to aid in the eradication of this disease. In reference to amusement and employment, weaving of rugs and basket making was introduced during the preceding year. The rugs made were used on the wards and the baskets were sold to visitors. With the employment of the third physician, Dr. Kingley believed that it would be possible to establish a training school for nurses.

In September, 1922, Dr. Frank W. Schwarz, Superintendent, reported that the Arizona State Hospital or Asylum for the Insane was a far more complete institution than it was generally supposed to be by our citizens. He described it as being fully equipped for the care of our insane and that it compared favorably with any state hospital of the older states. He attributed much of the improvement to the efforts of Dr. Ray Ferguson who had had charge of the Hospital for the most of the preceding year.<sup>32</sup>

For the biennial period from 1933 to 1935, Dr. James R. Moore, Superintendent, reported that he had an experienced teacher conduct classes for a number of juvenile patients, ten of whom averaged the daily

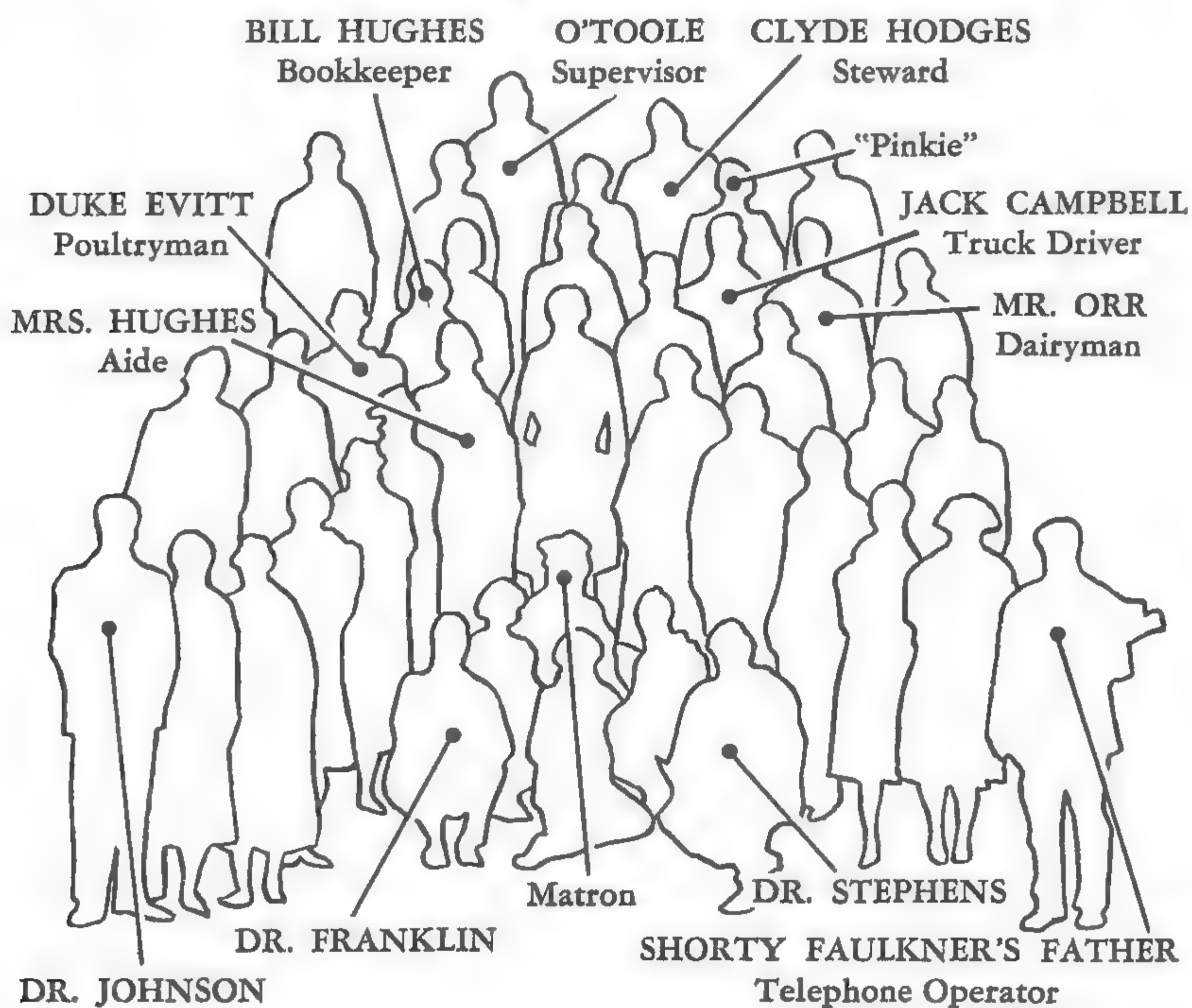


Hospital Attendants circa 1914





Hospital Staff Circa 1925



attendance. The instruction was highly individualized by necessity. Entertainment consisted of weekly talking motion pictures, occasional dances and bi-monthly concerts given by the FERA. The Orpheus Club gave a yearly concert. Religious services were conducted every Sunday afternoon by arrangement through Miss Irvin with the various local denominations. As far as it can be determined, the first Social Worker was employed during this period.<sup>33</sup>

In 1938, Governor R. C. Stanford requested Dr. Grover A. Kemf, Associate Director of the Mental Hospital Survey Committee to study the conditions of the Hospital and to make recommendations for improvement. His report indicated it was a waste of words to consider improvements in the Hospital until the basic defect of administration was legally eliminated. The establishment of a Board of Control beyond the control of any one administration was recommended to empower the Governor to appoint a board of at least 5 representatives to serve for 6 years each with overlapping terms so that no more than 2 new appointments could be made every 2 years. This board would select a qualified director to be in full charge of the Hospital and all its personnel, including a qualified business manager, according to stated regulations; for, any such organization to function properly must have all the activities coordinated under one head.<sup>34</sup>

Prior to the Kemf study, and until December, 1940, the Board of Directors of State Institutions had charge of the Hospital and all State Charitable and Reformatory Institutions. The Board membership consisted of the Governor, who was the ex-officio president of the Board, the State Treasurer and one elector of the State appointed by the Governor. To be eligible, the Superintendent had to have practiced medicine at least four years. The Board met once per month. The members were required to visit the Hospital without notice at least once every four months. If the superintendent of the Hospital discharged an incompetent employee, his authority was many times superceded by orders from above and the dismissed employee was re-instated. Even the Governor's decisions were modified or hamstrung by political friends. As the result of the practice of making clean or almost clean sweeps of employees with every change of administration, the mentally ill suffered, the physical plant deteriorated and the petty politicians who were hired, profited. Even though the Superintendents throughout the years may have wished to better the lot of their charges, they could not change the state of affairs at the Hospital, despite their desire to adhere to their Hippocratic Oath.

The Kemf report recommended that a law be passed to authorize the Superintendent of the Hospital to admit a person for treatment on that person's written request (now called Voluntary Admission) when the Superintendent decides that person is suitable for Hospital treatment; that such patient should not be held more than 7 days after he makes written request for discharge, unless further proceedings are taken before some court that can make a legal commitment. Under current conditions in 1938, a patient could be admitted to the Hospital only after a complaint



had been made to a judge of the Superior Court. Pending admittance to the Hospital, the patient was usually confined in jail with criminals, a matter the Kemf report ruled should be prohibited by law. The judge of the Superior Court presiding in a sanity hearing inquired into the ability of the patient to pay for the examination and commitment, fixing the cost if the patient is able to pay, but the cost of hospitalization was fixed by the Board.<sup>35</sup>

In November, 1940, a report entitled "Report and Recommendations" was compiled and submitted to Governor-elect Osborn by a representative of the Phoenix Central Methodist Church. The treatment and management of patients, medical staff, attendants (aides) and other personnel lay besieged in chaos. The matron (Director of Nursing on the female side) and supervisor (Director on the male side), both political appointees, ruled with an iron hand, making even the medical staff subordinate to their authority. Orders issued by the medical staff were over-ruled or ignored. The matron was incapable of meeting her subordinates on a decent level of dignity and mutual respect. A staff doctor remarked: "I just will not enter into any controversy with anyone connected with the administration." The food served patients was poor in quality, preparation, variety and distribution. There was almost complete absence of meat and butter, although milk from the Hospital farm was available in adequate quantity. Food was delivered to the wards by truck, often cold. There seemed to be no authoritative management of the kitchen. The food served the attendants was of better quality than that served the patients, while the food served the medical staff was of still better quality. Although the cost per patient per day was 83c, "certainly the food served could not have cost ten per cent of this, and five per cent might be a closer figure."<sup>36</sup>

The admission of patients was not accomplished by hygienic methods, there was no provision for disinfecting either the patients or their clothing, and it was not surprising that vermin appeared on the wards at times. The matron is said to have been an instructor or supervisor in a local hospital and reports from that hospital were not complimentary to her. The male supervisor was not a Registered Nurse, had been an attendant under a previous administration and had also been a carpenter. Much of his time was spent as a "glorified timekeeper." He was overheard instructing a new attendant how to use force to chastize a patient without leaving marks. He sought to quiet a disturbed patient by a hard blow in the face, ordered that a new patient be given a "prison haircut," prescribed for a patient with a high fever, vetoed the Social Worker's instructions to a patient to catalog books in the library, and nullified a doctor's prescription to a patient to visit the library to read. The only encouraging report was that the greater majority of the attendants were described as giving "excellent service" but were of all ages.<sup>37</sup>

Politics ruled the day. Dues to the political club on the grounds were 50¢ per month. Attendants were solicited to attend political meetings during their shift, were provided with transportation and were excused from their wards, leaving the latter undermanned. At the time of the



change in administration, employees would take with them in plain view, Hospital property such as sheets, blankets, etc. One attendant, while employed, paid a patient 10¢ a pound for all the butter the patient could steal from the kitchen.<sup>38</sup>

In December, 1940, Governor-elect Sidney P. Osborn announced his appointment of Dr. Jeremiah Metzger as Superintendent of the Arizona State Hospital, this being his first step toward fulfilling his campaign promise to take the Hospital completely out of politics. Dr. Metzger had been recommended to the new Governor by the head of the State Medical Association and others. The choice was entirely on the basis of Dr. Metzger's qualifications and experience, which the Governor-elect had carefully checked, as interestingly enough, Dr. Metzger was a Republican; the new governor, a Democrat.<sup>39</sup> The Arizona Daily Star, Tucson newspaper, wrote an editorial commending Dr. Metzger's appointment, stating that he measured up to the highest standards professionally; that he had a proven record of running successfully an institution of his own, proving his professional administrative ability; that he owed no political allegiance to governor-elect Osborn or any other faction; that Dr. Metzger was a man of independent means and had no financial need for the job.<sup>40</sup>

Dr. Metzger was a graduate from the University of Michigan Medical School; had post-graduate work at Rush Medical College; attended the University of Berlin for one year and came to Tucson, Arizona, in 1911 establishing the first hospital for the treatment of tubercular patients in



Dr. Jeremiah Metzger April 1958. Courtesy J. Robert Burns, Arizona Daily Star, Tucson, Arizona.

Tucson. After operating the hospital for several years, he went to Leysin, Switzerland to study the well-known sun treatment. Although he retired in 1926, he studied specialized medicine in Vienna under world-renowned specialists, including Dr. Wm. Stekel, an early student of Freud. Dr. Metzger was known for his great interest in helping the mentally ill, for his wisdom, forward honesty and tactics of fair play. He was a man of action and few words. When he was informed of his appointment to the superintendency, he informed the Governor and all concerned that he accepted but would not tolerate any political interference whatsoever, in the management of the Hospital and that he would need sufficient funds from the Legislature to raise the standards of the Hospital in the treatment of the mentally ill. Governor Osborn had requested and received the assistance of experts at the University of Arizona in studying the problems of the Hospital in the divisions of the physical plant, poultry and dairy. The Governor's Executive Secretary had reported the situation at the Hospital "couldn't be worse."<sup>41</sup>

When the Fifteenth Legislature cut sharply the State Hospital appropriation, the Governor stunned the Joint Session by informing them that Dr. Metzger had resigned as Superintendent of the Hospital after six weeks as superintendent because "a wrong and politically-minded appropriation committee set-up a niggardly appropriation" which meant that the State Hospital would "Continue to be operated as a detention camp, but not by me."<sup>42</sup> The budget had been cut below the last biennium despite the fact that the patient population had increased from 821 to 932 during the two year period. Dr. Metzger continued as Superintendent until Dr. Otto L. Bendheim was appointed acting Superintendent in May, 1941, by the Board of Control. Dr. Metzger was appointed a member of the Board for a five year term by the Governor, who later wrote: ". . . to one man must go the credit for taking the Hospital out of the rut in which it had been permitted to lie for so many, many years and start it on the way to becoming one of the finest institutions of its kind in the nation, and that man is Jeremiah Metzger."<sup>43</sup>

In May, 1941, Governor Osborn selected his non-political Board to administer the affairs of the Hospital. The first Board Meeting was held by the end of May, 1941, and after deliberating long and earnestly, it adopted a Resolution as the best means of invoking the spirit of the Sharpe Bill to take the Hospital out of politics and to end re-occurring personnel problems. It proceeded to purge political activities and allegiances from the Arizona State Hospital Staff by calling for the resignation of all the 180 employees by June 1st in order to rid the Hospital of political patronage by the following resolution:<sup>44</sup>

"WHEREAS, the citizens of the State of Arizona, the new Superintendent and above all the patients have a right to expect that the Hospital Board adopt a constructive personnel policy that is compatible with the best interests of the patients and the Institution, and such procedure necessitates freedom of action by the Board, and

WHEREAS, the matter of personnel is of prime importance to the



welfare of any Institution. Everyone is familiar with the scandals of the past, the propaganda, the political chicanery and the so-called 'grapevine' which still exists. These conditions exist because the Institution never has had a constructive personnel policy and the only loyalty many employees knew was the person directly responsible for their job. Hence, the loyalty was a fleeting one to an individual outside of the Hospital and their best interests and efforts were not directed to the Welfare of the patients and the institution. Successful operation of the Hospital is not compatible with such conditions now.

THEREFORE, be it resolved, as the unanimous opinion of the Board that all officers and employees resign effective June 1, 1941. The Board must insist on full cooperation from every employee. Loyalty to the institution and the welfare of the patients must always be of first concern.

In order that these policies may be carried out, the Board will adopt a merit system of employment, including a classification of all employees.

The Board will be responsible to the Governor; the Superintendent will be responsible to the Board and the employees will be responsible to the Superintendent. In no other way can the Hospital function to the best welfare of the patients."

About a year later the Sixteenth Legislature provided a sum approaching adequacy, this being the first time that this had occurred in the history of the Hospital.<sup>45</sup> Changes had occurred in the laws which were of benefit to patients, as the Hospital was now able to utilize funds arising from the sale and rental of State Hospital land and funds derived from paying patients. However, the Sixteenth Legislature failed to recognize that the requirements of the Minimum Wage Law had to be met in reference to certain employees and that indigent patients leaving the Hospital were to receive \$5 discharge money and a suit of clothing upon discharge, for which no provision was made.<sup>56</sup>

When Dr. Bendheim took over the superintendency, he was awaiting a call from the United States Armed Services, which came in May, 1942. He had been a staff psychiatrist from 1937 to 1939, and had been brought to the Hospital by former Governor Stanford to institute insulin and metrazol treatments. During his superintendency, he employed Elias Schlossberg, our present and as far as is known, the first and only registered pharmacist in the history of the Hospital, whose services to the Hospital have been invaluable not only financially but in his adherence to the principles of his profession. Prior to this time drugs were purchased "over the counter" at great expense to the hospital.<sup>47</sup>

Other accomplishments of Dr. Bendheim were: employed a trained dietitian, the first one known in the history of the Hospital; directed a survey regarding the quality and distribution of food; immediately discontinued the evil practice of sending all sorts of packaged and canned food supplies to individual wards indiscriminately and without control upon the mere requisition of the ward attendant (prior to this time dozens of eggs, many pounds of butter, coffee, fruit juices, canned vegetables,

etc., had been disappearing before reaching patients); equalized the diet of the patients and employees for the first time in the history of the Hospital; increased the number of patients eating their meals in the main dining room, enabling them to benefit from fresh air and exercise; eliminating the hazards of contamination of food by cockroaches and untrained kitchen employees; preventing unpleasant food odors, especially of stews which the administration was forced to serve due to limited funds; took advantage of Federal Surplus Commodities to supplement the Hospital fare; had homemade coolers made in the Hospital Carpenter Shop for use on the wards to compensate for lack of funds; worked out new commitment forms with the assistance of the Attorney General's Office and a judge from the Maricopa County Superior Court system; dismissed 7 attendants, four for abusing patients and the remainder for drinking; gave notice to other employees that no abuse of patients was going to be tolerated, warning them that assault and battery charges would be filed in the future against any employee found violating these instructions, an action he took shortly thereafter against two attendants;<sup>48</sup> interested Mrs. Frank J. (Clara) Haberl, now 71 years of age and residing at 1919 W. Berridge Lane, Phoenix, Arizona, organizer of the Gray Ladies who came to this Hospital, in rendering their services to Hospital patients;<sup>49</sup> and employed our present Telephone Operator in that capacity, a position she has held to date giving the Hospital her efficient and loyal services.

Dr. S. L. Schuster, senior staff physician, was appointed Acting



Patients' Dinnig Room 1962.



Director by the Board pending the choice of a successor to Dr. Bendheim. In September, 1942, Dr. Seth F. H. Howes, was chosen for the superintendency out of about fifty applicants. He was to remain with the Hospital until October, 1944, when he resigned in protest to interferences created by unions. Accomplishments of this period were: employment of a registered Occupational Therapist for the first time known in the history of the Hospital, setting up a clearing house for all patient workers and assignment of all occupations with objective of placement where patients would receive the most benefits in consideration of their individual aptitudes and background (the Therapist was also in charge of Recreation); appointment of a clothing supervisor, thus stressing the need of patients to maintain their individual differences by wearing their own clothing; appointment of a housekeeper supervisor to assume the responsibility of all matters pertaining to living quarters of officers and employees of the Hospital, in addition to the Administration Building; contracted for vermin extermination; the purchase of an electric-shock machine and a new fever cabinet; appointment of a Psychiatric Historian to secure information regarding the patients' mental illness and personal and family history, information heretofore secured by the doctors themselves; the planting of a grove of citrus and decorative trees on the southwest section of the grounds to beautify the Hospital grounds and as a recreational area for patients; complete installation of a new kitchen and cafeteria, making provision for the preparation and serving of better meals, the best served to date; and the establishment of the Hospital publication, "The Sun Valley News" for the benefit of patients. Some of the outstanding recommendations made by Dr. Howes were: change of commitment laws to eliminate illogical "complaints" against sick persons and elimination of their confinement in jail pending dismissal or transfer to the Arizona State Hospital; legal provision for emergency type of hospitalization; provision for traveling psychiatric clinics based at the Hospital to serve various parts of the State; assisting schools, courts, and various social agencies; and having the Hospital be the center of psychiatric thought and source of information; providing for family care system for Hospital patients; removal of "cages" and replacement by closed rooms to preserve human dignity of patients; the passage of a Law prohibiting the kidnapping of patients as occurred at the Arizona State Hospital June 9, 1944, when four armed, masked men entered the maximum Security Ward and kidnapped a patient with particularly dangerous tendencies; provision for police protection on Hospital grounds at night due to lack of proper lighting; and the passage of a law making it mandatory for Sheriffs' Departments to take patients on elopement into custody for return to the Hospital.<sup>50</sup>

Dr. Howes felt that the morale of Hospital employees was suffering as a result of an attempt by a local union to organize the Arizona State Hospital employees, an action which brought about the dismissal of eleven Hospital employees for disloyalty. It was felt that an employee of the Hospital who had the interest of the patients at heart, even though he may be otherwise handicapped, was of great deal more value to the Hospital



Florence Annex in a secret and closely guarded move escorted by three Highway Patrol cars, the Superintendent, five supervisors and attendants.<sup>57</sup> By November, 1948, there were 211 patients at the Annex.<sup>58</sup>

The Board of Control agreed to cooperate with the Social Service Exchange (now non-existent) to release information on patients to welfare agencies if approved by the Attorney General's Office and to seek legislation to permit the Hospital Superintendent to order autopsies to circumvent the current law in effect which would make the Superintendent criminally liable if he ordered them performed in cases where there was no next of kin to give permission.<sup>59</sup> Earlier the Board had voted to use funds for a new morgue, to purchase a microtome, tables and other equipment for use in research at the Hospital.<sup>60</sup>

In January, 1949, Governor Dan E. Garvey was informed by the Hospital Board of Control that action was being contemplated to discharge the Superintendent when he refused to resign after the majority of the Board members (4 out of 5) adopted a motion to request his resignation.<sup>61</sup> The Board conducted a Public Hearing shortly thereafter and made the dismissal formal. On this occasion, also, the House Public Institutions Committee investigated the situation. Dr. Bruce D. Hart, staff psychiatrist, was elevated to the post of superintendent in April 1949, a position he held until October 1st, 1951, the date he had requested to be relieved of his responsibilities.<sup>62</sup>

Events of importance during this period: the opening of the Neuro-Surgical Unit on July 1, 1949, under the direction of Dr. John Raymond Green, consultant in neuro-surgery and electro-encephalography, for the purpose of evaluating and treating those epileptic patients whose condition could be improved by surgery and those patients for whom psychosurgery was indicated;<sup>63</sup> the appointment of one consultant in neuro-surgery, three in neuro-psychiatry, one in roentgenology, one in pathology, one Psychologist, a Registered Nurse Supervisor who was also EEG technician and nurse, one Secretary, one Directress of Occupational Therapy, four consultant internists, one Urologist, one Dermatologist, one Gynecologist, four assistant surgeons, and five anesthetists;<sup>64</sup> the presentation of papers by the unit at medical conventions describing the results of surgical procedures undertaken at the clinic;<sup>65</sup> the change in the Medical Practice Law providing that doctors from other states may obtain licenses to work at the Arizona State Hospital without the necessity of securing a Basic Science Certificate;<sup>66</sup> the employment on July, 1949, of the first known full time Dentist in the history of the Hospital who served until May, 1960;<sup>67</sup> the employment of the first Psychologist in the history of the Hospital, who resigned in January, 1954 after serving from October, 1950;<sup>68</sup> the return of 350 patients in December, 1950, to the Hospital from the Florence Annex after it was ordered closed by the Hospital Board of Control for financial and safety reasons;<sup>69</sup> the remodeling of former laundry building and sewing room for use of older Florence patients; the completion of a new laundry; the death of the Hospital's deportation officer, Arnie Sharp, and three non-resident patients in an

automobile accident in New Mexico on November 17, 1950;<sup>70</sup> second attempt in June, 1951, by a Union to unionize the Hospital's 200 attendants;<sup>71</sup> the dismissal of three supervisors and several attendants for obstructing progress at the Hospital;<sup>72</sup> the resignation of the Director of Nursing and eight nurses with complaint that they were tired of being pushed around by attendants, (most of the nurses subsequently returned<sup>73</sup>); request of five ousted employees and two CIO union organizers (State and National) to former Governor Howerd E. Pyle for dismissal of the Superintendent whom they accused of taking deliberate action to disrupt the employees labor relationship with the Hospital.<sup>74</sup> Dr. Hart had voiced objection to unionization of Hospital employees on the principle that sick people can not be cared for on a strike basis; that pressure tactics were being used by the union and that the union was supposedly interested in preventing salary cuts at the Hospital due to the failure of the legislature to appropriate enough money for the fiscal year 1951-52.<sup>75</sup>

In November, 1951, Dr. M. W. Conway became superintendent; during the fiscal year ending June 30, 1952, he felt that the outstanding achievement affecting the welfare of the institution and its future progress was the sizeable Legislation appropriation for the expansion of the physical plant.<sup>76</sup> The functions of the Neuro-surgical Unit were integrated with the Hospital itself with the appointment of Dr. Samuel Wick as Director of Education and Research, and was no longer an independent organization.<sup>77</sup> Other developments: creation of a parking lot near the main gate for 100 odd cars; construction of screened-in fly-proof depots for collection of garbage; a new building for the reception of patients completed, equipped, landscaped and staffed; better lighting of grounds; preparation of a 400-foot square recreation field to permit outdoor exercise for patients under supervision.<sup>78</sup>

An accomplishment of great importance during 1952 and 1953 was the establishment of the Department of Education and Research in July, 1952, under the direction of Dr. Samuel Wick, then Director of Education and Research, providing for the first time in the history of the Hospital, formal training for nurses and Psychiatric aides.<sup>79</sup> The first course was given for Graduate Nurses from August 19, 1952, to November 17, 1952, for purposes of developing understanding of the etiology, symptomatology and prevention of mental and emotional disorders, developing proper attitude in the management of patients; improving the care and treatment of all patients, improving the ability of the nurses to teach other employees and to cooperate with all other ancillary services. The first course for Psychiatric Aides was given from March 16, 1953, to June 5, 1953, with the objective of developing understanding of mental illness; developing desirable attitudes toward the care and treatment of mentally ill patients; developing skill in their effective care and management and developing understanding of the Psychiatric Aide's importance as a member of the psychiatric team.<sup>80</sup> Graduation services were conducted on June 6, 1953, to award certificates to all employees who had successfully completed the training program.<sup>81</sup>



Other accomplishments during this period were: all prospective employees were given physical examinations, which were recorded on examination forms, to ascertain their fitness for the type of work they desired; clinical pathological conferences were held by the medical staff once per month and consultant and other professional personnel invited to participate; bi-weekly medical staff meetings were held to keep the staff informed and to allow interchange of ideas regarding Hospital problems; establishment of a Hospital formulary and a Pharmacy and Therapeutics Committee at the suggestion of Elias Schlossberg, to keep doctors informed as to what pharmaceuticals were available at the pharmacy; improvement of the clinical records by developing new forms to cover every clinical need, eliminating unnecessary information and determining in what order the various forms were to be filed in charts; the beginning of developing the adequate medical library; and the remodeling of the maximum security ward.

In December, 1953, Dr. Samuel Wick was appointed Superintendent. His predecessor had resigned to return to private practice. Dr. Wick was to be the Superintendent to hold the longest tenure in office and to accomplish the unbelievable in the care of the mentally ill not only at the Arizona State Hospital, but throughout the State of Arizona.

Dr. Wick graduated from the Rush Medical College in 1929; had his Psychiatric Residency at the Behavior Clinic of the Criminal Court of Cook County, Chicago, Illinois, from 1931 to 1932; was Psychiatrist at the Elgin State Hospital from 1932 to 1937 and was Clinical Instructor at Northwestern University Medical School from 1933 to 1937; was Senior Psychiatrist at the Milwaukee County Hospital for Mental Diseases as well as Clinical Instructor at Marquette University Medical School from 1937 to 1942; served in the United States Army Air Force as Psychiatrist from 1942 to 1946 ("Uncle Sam" is Dr. Wick's namesake — Dr. Wick was born on July 4th); was in private psychiatric practice in Las Vegas, Nevada, from 1946 to 1948; was Chief of the Acute Intensive Treatment Service, Veterans Administration Neuropsychiatric Hospital, Sawtelle, Los Angeles, California, from 1948 to 1952; was Director of Education and Research, Arizona State Hospital, Phoenix, from July, 1952, to December, 1953, when he was appointed Director of the Arizona State Hospital, the position he now holds.<sup>83</sup>

To secure a glimpse of the breadth of Dr. Wick's accomplishments in behalf of the mentally ill for the past nine years, one needs to review briefly some of the highlights. In 1956, Dr. Wick received two citations, one for Meritorious Service from the President of the United States Committee on Employment of the Physically Handicapped (on this occasion, the mentally handicapped) and the other, the Physician's Citation for Outstanding Service from the Mayors' Committee to Employ the Physically Handicapped (again on this occasion, the mentally handicapped). In 1957, he received two awards, one for Meritorious Service from the Governor's Committee on Employment of the Handicapped for the rehabilitation of the handicapped and for winning community acceptance of them, these awards being, as far as is known, the first time

that such acknowledgments were awarded a physician for the mentally handicapped; the other award, from the Maricopa County Medical Society for distinguished public service. In 1960, he received two awards, the 75th Anniversary Medallion of Merit from the University of Arizona for his outstanding contribution to the field of medical science and the State of Arizona through his administration of the Arizona State Hospital; the other, the Certificate of Commendation from the Arizona Division of the National Association of Mental Health in recognition of services given as a volunteer in the fight against mental illness and the advancement of mental health.<sup>84</sup>

The American Psychiatric Association acknowledged Dr. Wick's accomplishments in behalf of the mentally ill when he was elected a Fellow in 1957 for his contribution to the advancement of psychiatry and for his experience, and when he was certified as a Mental Hospital Administrator by the Special Committee on Certification of the American Psychiatric Association.<sup>85</sup> He was also acknowledged as a Diplomate. The Intermountain Psychiatric Association, whose membership consists of psychiatrists from Utah, Idaho, Nevada, Wyoming, Montana, New Mexico, Colorado and Arizona, utilized Dr. Wick's intellectual resourcefulness, professional capability, leadership and sincere interest in the mentally ill when he was elected Treasurer of the Association in 1954, President-elect in 1955 and President in 1956.<sup>86</sup> He has continued an active participation in these Associations and the following: Council for Mental Health Training and Research of the Western-Interstate Commission for Higher Education (WICHE) with headquarters at the University of Colorado, Boulder (in conjunction with the latter, Dr. Wick participated on October 1st, 1958, in the first telephonic conversation regarding Psychiatric Training Program developed by the Colorado Medical Center and the Colorado State Hospital and linking with State Hospitals in New Mexico, Utah, Nevada and Arizona);<sup>87</sup> the Hospital Survey Planning and Construction Council of the Arizona State Department of Health; the Arizona Citizens Advisory Committee on Correctional Services; the National Association of State Mental Health Programs Directors; the Subcommittee on Aging, Professional Committee of Arizona Medical Association, Inc.; the Committee for the Study of the Child Treatment Center, Mental Health Association (concerning emotionally disturbed children); Governor's Committee for the White House Conference on Aging, 1961; Health Advisory Conference (all local health agencies); American Psychiatric Association, Assembly Committee on National Level Elections for the Assembly of District Branches; Association of Medical Superintendents of Mental Hospitals; American Psychiatric Association Board of Certification of Hospital Administrators, and others.<sup>88</sup>

The first directives issued by Dr. Wick as Superintendent to his medical staff, nursing personnel and social workers were startling and revolutionary. Thereafter, the PLANS FOR THE DISCHARGE of patients were to be undertaken AT THE TIME OF THEIR ADMISSION.<sup>89</sup> All Hospital wards, male and female, were to be under the direct supervision of the Director of Nursing, thus providing for superior



care and treatment under uniform or identical procedures and policies (heretofore, the female service had been supervised by a registered nurse; the male service, by an untrained male supervisor).<sup>90</sup> There was to be an "open door" policy as much as possible in the care of patients, with restraint and seclusion at a minimum<sup>91</sup> and there was to be no favoritism or discrimination in the care of patients, all being treated with dignity, respect and understanding.<sup>92</sup> Hospital employees were not to take patients on passes or discharges except in unusual circumstances determined by the Physician in charge after discussion with the Social worker.<sup>93</sup> In order to rule out favoritism among patients, outside doors to the Receiving Wards and the Geriatric Building were to be left unlocked during the day hours;<sup>94</sup> and all interior and exterior keys were keyed alike with the exception of the key to the Maximum Security Ward, adding to the simplicity of work procedures.<sup>95</sup>

Dr. Wick has emphasized over and over again the principle that individual psychotherapy is the basis of all psychiatric care. Since there has been such a shortage of personnel, he issued directives early in his administration to utilize the services of limited personnel to the best advantage of patients. In reference to newly admitted patients, and to provide for individual care as much as possible, the medical staff was directed to enter routinely two progress notes the first week of the patients' admission, one weekly the next four weeks and one monthly



Occupational Therapy circa 1959.

for the following six months in addition to recording anything which occurred that was unusual; to perform complete physical examinations on the newly admitted patients within seventy-two hours of admission; to complete psychiatric examinations as soon as possible; to see and examine all patients returned from unauthorized absence (Dr. Wick's new terminology for "escape" or "elopment," no matter what period had elapsed since patients left the Hospital; and to enter notes and determine wards where they were to be hospitalized. All patients admitted to the Receiving Wards for men and women are to have their temperature, pulse and respiration taken twice daily for three days.<sup>96</sup> Governing the procedure of transferring patients from one ward to another, the transferring Ward Doctor at the time of the transfer was made responsible to determine which medications were to be discontinued before the transfer was effected, enter this information on the physician's order sheet, note any recommendations regarding medication and special diets which the patient had been receiving while the new ward doctor receiving the patient by transfer was to review this medication and recommendations and Reorder it within a week.<sup>97</sup> To utilize the time of the medical staff more effectively, Dr. Wick established the hours between 1:00 P.M. and 3:30 P.M. for receiving telephone calls from relatives regarding the progress of patients; thus, giving relatives the opportunity of participating in the recovery program and at the same time preparing the way for the return of patients to community life.<sup>98</sup> Long distance telephone calls were taken at any time but the callers were informed at the time of the calling hours. To further individualize the treatment of patients, he placed week-end visits, and later longer visits of a week or ten days, on a therapeutic basis requiring relatives to report to doctors or social workers. The progress and adjustment of patients during these visits was recorded, including the visits over the holidays, in preparation for the discharge of patients.<sup>99</sup>

In 1954 Dr. Wick invited the Maricopa County Superior Court committing judge to come to the Hospital to discuss with Hospital personnel various problems associated with commitments and other legal proceedings involving our patients;<sup>100</sup> thus, laying the foundation for the change in commitment laws from the connotation of "criminal" to that of "mental illness"; enabling patients to secure hospitalization without the stigma and trauma of detention. This change came to pass four years later. The same year, he established a Chiropodist Clinic with donated services by four chiropodists from the Phoenix area to attend to the conditions of the feet of our patients, whose appointments with the Clinic were arranged systematically through a Hospital registred nurse.<sup>101</sup> Prior to this time, dating back to 1935 and until 1960, Dr. Julius Citron, Chiropodist, donated his time and efforts to the Hospital patients averaging about 15 consultations per week, totaling about 18,000 patients seen during the twenty-five years he serviced the Hospital.<sup>102</sup> Around this time, a conference was arranged by the Superintendent, with a Juvenile Court Judge, social workers from the Probation and the Child Welfare Department and the Arizona State Hospital to outline the procedure which was to be followed in the delivery



of pregnant mentally ill patients in order to safeguard their legal rights and to establish the proper care of the new born.

Dr. Wick's first directive in December, 1953, after a meeting with the Arizona State Hospital Board and the Arizona Medical Association Advisory Committee, in reference to patients outside of the Hospital on conditional discharge, was in the form of a letter to all judges of Superior Courts in Arizona informing them that in the future the Hospital would immediately send a report as to the day of discharge of individual patients to enable the committing court and physicians to afford better follow-up care of patients than was possible under the previous system. This reporting consisted of sending a monthly report listing all patients discharged during the previous month.<sup>103</sup> The Arizona State Hospital Out-Patient Clinic facilities were expanded to provide better follow-up care and treatment for patients on conditional and complete discharges.

During Dr. Wick's first year as Superintendent, he succeeded in stabilizing to a greater extent the care and treatment of patients at the Hospital by his efforts to maintain a constant trained group of Psychiatric Aides with the continuation of the training program. He succeeded in securing the accreditation and approval of the Arizona State Hospital by the Arizona State Board of Nurses Examiners for the establishment of a training center for the psychiatric affiliation of Student Nurses, the first



One of the first groups of Student Nurses who had their Psychiatric Nursing Experience at Arizona State Hospital. circa 1954



class from the Good Samaritan Hospital beginning in September, 1954, thereby no longer requiring out of State psychiatric training. Other accomplishments were: establishment of an adequate medical library above the old C Building (the library is now located in the Nursing Education Building), while the Patient's Library, (now located at the new Rehabilitation Building) was expanded with an increased number of books, magazines, etc.; the completion of the construction of five new buildings, three of these having been specialized treatment and ward residence buildings (Geriatrics, Intensive Treatment and "G" buildings); the resumption of the Sun Valley News in January, 1954, edited by Hospital personnel and carrying articles and poems contributed by patients with the objective of providing news and information for patients, employees and interested citizens;<sup>104</sup> establishment of the Hospital Procedures Committee to determine the quickest and most economical methods of accomplishing routine functions; and in June, 1955, the employment of the first Personnel Director, who became one of the members of the latter Committee which constantly reviews personnel policies and procedures in order to provide for patients a more contented and satisfied group of employees by improving working conditions, hours of work and salary scales;<sup>105</sup> about a year later arrangements were completed for the State Employment Service personnel to interview Hospital employees and compile the necessary data on job descriptions while the Hospital Personnel Department assembled, checked and filed all records of present and former employees into individual personnel jackets;<sup>106</sup> in 1956 the replacement of the manually controlled switchboard by an automatic internal dialing telephone system and the installation of a public address system was completed in all areas of the Hospital for announcements and the paging of personnel to provide quicker and better care for patients;<sup>107</sup> the disposition of the Hospital farm was considered by the Hospital Staff and Board and by members of the Legislature, as the area surrounding the farm had been developed into subdivisions and the land had become too valuable to be continued as a farm.<sup>108</sup>

The latest great stride in the treatment of the mentally ill began in 1955 with the use of tranquilizing drugs, primarily reserpine and chlorpromazine (thorazine) which helped many of the chronically ill, whose prognoses had been unfavorable previously, and acutely disturbed patients. These drugs changed their disturbance, violence, destructiveness and excitement to more quietness, better adjustment and more amenability to other treatment activities.<sup>109</sup> Percentage wise, 40% of the approximately 1000 treated with these drugs improved greatly so that their length of hospitalization was reduced; 50% improved in their behavior and Hospital adjustment and 10% were unimproved.<sup>110</sup> These results brought a new hope to patients and relatives. By March, 1956, it had been definitely established that these drugs had great possibilities.<sup>111</sup> Out of 633 patients treated with one or the other of these two drugs, 231 improved, 332 were better controlled and 63 showed no response in improvement, while the remainder had complications which clouded results.<sup>112</sup> Not being habit forming, these drugs were administered usually in full doses for one month and



then tapered off.<sup>113</sup> Results were secured within a few days.<sup>114</sup> When patients were improved, they were counselled and a program of occupational therapy outlined which would start them toward recovery.<sup>115</sup> From a patient population of 1753 on January 1, 1954, the enrollment dropped to 1690 by January 1, 1956 and to 1639 by June 30, 1956, these despite the fact that new admissions during the fiscal year of 1954-1955 were 945 and 1062 for the year ending June 30, 1956.<sup>116</sup> During this time, about 80% of the patients admitted to the Hospital for the first time were discharged.<sup>117</sup> On June 30, 1956, there were 907 patients out of the total of 1639 who had been in the Hospital for more than five years.<sup>118</sup> There was an increase in the number of voluntary patients admitted during this time, showing that people in the community were more aware of mental health problems; and they were accepting the Hospital as a treatment center where they could come, receive treatment and return to their homes.<sup>119</sup> Zealous of bringing new hope to the patients at the Arizona State Hospital and of keeping them informed about the progress being made in the treatment of mental illness, Dr. Wick issued the following message to them in December, 1956:<sup>120</sup>

### SEASON'S GREETINGS

#### TO THE PATIENTS OF THE ARIZONA STATE HOSPITAL

*Each New Year brings new hopes and resolutions for the improvement of one's attitudes and accomplishments. Everyone in the Hospital anticipates this New Year with hope that better treatment methods will*



Patients Christmas Party circa 1958.



*be developed and with the resolution to continue the improvement in the Hospital Program .*

*During the past two years more patients were discharged from the hospital than were admitted. This was possibly by the co-ordinated effort of everyone in the hospital for the benefit of the patient. The co-operation and understanding of all patients is important in attaining the goal of the Hospital: TO PROVIDE THE BEST TREATMENT SO THAT THE PATIENT CAN BE DISCHARGED AS QUICKLY AS POSSIBLE.*

*Education and research are the foundations upon which new hope for the future must depend. Education in the Hospital has given our employees a better understanding of mental illness which is being used to help our patients. Education in the communities has progressed so that the public has greater knowledge concerning mental illness and mental health. As this knowledge continues to spread, mental illness will be accepted as any other illness without any stigma or disgrace being attached to it. Vocational and employment opportunities will increase so that a discharged mental patient will be accepted for his capabilities and abilities just as anyone else.*

*Research has developed new methods of treatment which give greater promise for the future. The tranquilizing drugs have been of value to many patients so that the mental illness has been reduced in severity and length of illness. These drugs represent a significant advance in treatment; and, undoubtedly, further experimentation will produce additional information and other medications which will be helpful. Research is necessary to determine the cause of many different mental illnesses and a number of projects are now under study which should bring results. The need for further research is being stressed and more funds are needed to supply the answers to this most vital problem.*

*All of these factors indicate that there is greater hope that the treatment, the understanding and the prevention of mental illness will progress during the coming year so that we will all benefit.*

*Samuel Wick, M. D.  
Director*

To expediate the improvement and recovery of patients being treated with the "wonder drugs," electro-convulsive therapy or hydrotherapy, or possibly a combination of these when indicated, Dr. Wick established the Industrial Therapy Department as a separate unit during the fiscal year of 1954 and 1955 under a psychologist who reviewed and studied all patients in the Hospital for industrial assignments according to their ability, interests and degree of improvement in preparation for future outside employment.<sup>121</sup> Prior to this time, the latter Department was under or synonymous to Occupational Therapy, where many patients were first assigned by the doctors to find avenues of expression through painting, needle work of different varieties, leather and wood work and from there later assigned to work in one of the Hospital industries, such



as the laundry, kitchen, dining rooms, and others; or, they were assigned directly to an industry, according to their individual needs. Both of these Departments continued to play an important role in re-activating patients' interests and in stimulating new potentials. An important progressive move was accomplished when the individual therapy program of the Industrial Therapy Department was co-ordinated with the State Vocational Rehabilitation Division of the State Public Instruction Department to prepare patients for further training and job placement outside of the Hospital when they have improved or recovered.<sup>122</sup> The Recreational Therapy Department, also formerly part of Occupational Therapy, was utilized in stimulating and socializing patients who were withdrawn, inactive and disinterested, through group games off the wards.<sup>123</sup>

By July, 1955, Dr. Wick had made great progress in bringing Hospital problems and needs to the attention of the members of his staff, the public, members of the Legislature, members of the various professional groups in the community and members of the Legislature through his lectures to various organizations, agencies, social clubs and other groups. He had awakenend or enlightened many of the residents of the State in realizing that their help and cooperation was needed to make THEIR Arizona State Hospital A FIRST CLASS hospital not only to restore the mental health to hospitalized patients and those being treated in the Out-Patient Clinic of the Arizona State Hospital but to prevent mental illness.<sup>124</sup> He



Occupational Therapy circa 1956.



has repeatedly stressed the criteria required in dealing with mental illness. A greater understanding is essential in the whole problem of mental illness. Under certain circumstances and because of the variety of tensions, problems and adjustments encountered in everyday life ANYONE COULD BECOME MENTALLY ILL. Mental illness is not always SOMETHING THAT HAPPENS TO SOMEONE ELSE. The belief that mental illness is the individual's fault or a weakness in the family must be changed. Hope for the recovery of the mentally ill must replace hopelessness.<sup>125</sup> The paralyzing wall of misunderstanding confronting patients leaving the Hospital must be removed and replaced by acceptance in employment, social and family life. Much more progress has been made in medicine and psychiatry than in society, where the lag lies.<sup>126</sup> AN INDIVIDUAL CAN BECOME MENTALLY ILL, BE TREATED AND RETURN TO NORMAL LIFE.<sup>127</sup> For too long the conception of all mental illnesses have been lumped together in the minds of the public that those thus afflicted were CRAZY and should be locked up permanently. By 1962, STATISTICS SHOWED that 60% of those admitted to the Arizona State Hospital for the first time leave within a period of from three months to six months and 80% leave within the first year.<sup>128</sup> This ratio could be increased with adequate funds and personnel. The common sense approach to the problem of physical disability makes just as much sense when applied to mental disability. If an individual falls and breaks a leg, no one would encourage him to loaf the rest of his life and just limit his exertion to endorsing welfare checks. Somebody would see that he had his leg fixed and returned to work with a minimum loss of time, productivity and a minimum of public expense. This approach should



Afternoon Dancing circa 1960.



be adopted in dealing with the problem of mental illness.<sup>129</sup> Then public expense would be cut down by more than \$300,000 per year at the Hospital, not including welfare payments to dependents of hospitalized bread winners. This figure of \$300,000 was computed from actual statistics in November, 1959.<sup>130</sup> Consequently, with an increased number of patients being admitted to the Arizona State Hospital, this figure would have to be adjusted commensurate with more current statistics. Constantly attempting to cut down cost in the treatment of mental illness and its prevention, Dr. Wick finally succeeded in educating his Hospital staff, the public, members of the Legislature, professional citizens of the community and others in the need for out-patient clinics throughout Arizona. In 1959, the Tucson Out-Patient Clinic was set up with the assistance of the Pima County Mental Health Association. The Yuma Mental Health Clinic was established the same year and the Cochise County Guidance Clinic at Bisbee in 1960. The Southern Arizona Mental Health Clinic at Tucson, with the assistance of the University of Arizona, and the Pima County Mental Health Association aided by volunteer psychiatrists, was started in 1961. These facilities provide not only for follow-up treatment for patients on conditional discharge from the Arizona State Hospital and assist these patients in problems which arise in the re-adjustment to community life, but also provide for the prevention of mental illness which would otherwise require hospitalization.<sup>131</sup> The Out-Patient Clinic at the Hospital has expanded according to the needs of conditionally discharged patients. Indigent out-patients are referred to the Neurosurgical and Psychiatric Out-Patient Clinics at the Hospital by various Welfare Agencies, Clinics, etc.

The State and County Mental Health Associations began in 1955 to accelerate their programs on mental health for purposes of educating the public and the members of the Legislature as to the nature of mental illness, its prevention, and to support legislation which would provide for adequate appropriations to the Arizona State Hospital in addition to the passage of more humane commitment laws.<sup>132</sup> Later, a brilliant young reporter, Ron Silverman, of the Arizona Republic newspaper, spent much time studying first hand the state of affairs at the Arizona State Hospital and writing a series of articles showing what great progress had been made despite inadequate funds and the shortage of personnel. These articles were submitted by the Maricopa County Mental Health Association in competition with other Mental Health Associations and other newspapers throughout the country. The articles won the National Bell Award for the Arizona Republic.<sup>133</sup> In October, 1955, the Executive Director of the Pima County Association for Mental Health and her assistant directed the organization of the Friendship Club, which was composed primarily of persons who had had psychiatric or emotional problems in the past and many of whom were patients on conditional discharge from the Arizona State Hospital.<sup>134</sup> Later the Maricopa Mental Health Association sponsored a similar club, known as Saints and Sinners.<sup>135</sup> The objectives of these clubs were/are to help make a transition from hospital (or illness) to community living; to give each individual

member the moral strength of the group; to stimulate socialization and to furnish each individual with a form of group psychotherapy where each learns that other individuals have similar problems. In addition, the individuals in the group are initiated into other community activities so essential to mental health.

During the fiscal year of 1955-56, the Dietary Department again came under the supervision of a Registered Dietitian bent on preparing and serving under sanitary conditions appetizingly and adequately balanced meals so important in the treatment of mental illness where many problems related to eating and food are encountered.<sup>136</sup> By January, 1962, two additional trained employees were assigned to the Department under the Registered Dietitian to supervise the preparation and distribution of food at the main kitchen and kitchens on the wards.

In the fiscal year 1956-57, the Director of Social Service was authorized to enlist the help of public and private community agencies in planning for the return of patients from the Arizona State Hospital into society; for the placement of elderly patients, not in need of psychiatric hospitalization, either in their own homes or in rest homes financed in most instances by public assistance, Social Security benefits, or in some cases, financial assistance from the Veterans Administration, or a combination of these resources.<sup>137</sup> The Maricopa County Department of Public Welfare, the local office of the Arizona State Employment Service and the Social Security Administration began sending a representative to the Hospital once a week to take applications from patients who had been referred to them for discharge planning. The Veterans Administration, which began sending a representative around 1946,<sup>138</sup> and the



Recreational Therapy circa 1958



Arizona State Vocational Rehabilitation, which had been servicing the Hospital since 1954,<sup>139</sup> have continued servicing the Hospital to date, January, 1962. Prior to the foregoing arrangements these agencies had been utilized in individual cases.

With the assistance of community agencies, 80 elderly or geriatric patients were placed out of the Hospital during the fiscal year of 1956-57.<sup>140</sup> During the following fiscal year, 1957-58, the percentage of patients admitted to the Hospital over the age of 65 continued to increase, a trend which continued to January, 1962, the Hospital's 75th Anniversary. During the fiscal year of 1957-58, 102 geriatric patients were placed out of the Hospital;<sup>141</sup> during 1958-59, 48 patients<sup>142</sup> were placed; during 1959-60, 86 patients<sup>143</sup> were placed, and during 1960-61, there were 91 geriatric patients placed outside of the Hospital.<sup>144</sup> Many of the elderly patients sent to the Hospital have been seriously ill with physical diseases so that it is difficult to determine whether or not they were sane. Three out of 13 patients who died during one month had been committed for only a few days and it was felt that old people were being sent to the Arizona State Hospital to die.<sup>145</sup>

By 1957-58, tranquilizing drugs continued giving good results. Depressed and withdrawn patients, in addition to anxious, restless and disturbed patients, were responding. About 60% of the Hospital patients were receiving some type of the newer drugs.<sup>146</sup> The depressed and withdrawn patients responded to energizers.<sup>147</sup> Drugs are used only upon a



Recreational Therapy circa 1959.



physician's prescription, require close observation of patients taking them and a close check of laboratory findings. The patient population which had continued to decrease during the preceeding three years no longer occurred during the fiscal year of 1957-58, as the direct result of INADEQUATE FUNDS for the facilities and personnel required to treat THE INCREASED NUMBER OF PATIENTS BEING ADMITTED.<sup>148</sup> On July 1, 1957, there were 1595 patients in the Hospital and on July 1, 1958, there were 1608 patients.<sup>149</sup> By December, 1961, the patient population was 1708.<sup>150</sup> The Hospital population could be decreased with more personnel to treat the acute patients in a shorter period of time and to rehabilitate the chronic patients to enable them to adjust outside of the Hospital.<sup>151</sup>

During the fiscal year of 1957-58, the Arizona State Hospital was CONDITIONALLY APPROVED for a period of three years by the Central Inspection Board of the American Psychiatric Association because of the improvements which had been made toward meeting adequate standards.<sup>152</sup> Credit for the rating must go to Dr. Samuel Wick, Director, who managed with very little money and much ingenuity to improve the conditions at the Hospital.<sup>153</sup> Whether the Hospital was to receive full approval or not would rest squarely on the Legislature.<sup>154</sup> REGRETABLELY, due to INADEQUATE FUNDS and LIMITED PERSONNEL, the Hospital was NOT APPROVED in November, 1960, for accreditation when it was reviewed by the Joint Commission on Accreditation. The eleven weeks training in orientation of new Psychiatric Aides had to be discontinued by August, 1961,<sup>155</sup> again due to inadequate funds



Recreational Therapy circa 1958.



and limited personnel.<sup>156</sup> However, the Hospital continued the training of student nurses from the Good Samaritan Hospital, Phoenix; the University of Arizona, Tucson; Arizona State University, Tempe; Phoenix College, Phoenix, to date (January, 1962).<sup>157</sup> Third year students from Medical Schools have been receiving in-service training during the summer months.

This same year, a progressive and encouraging note was the passage of the Mental Health Code by the Legislature, providing for the admission of patients by Medical Certification and Emergency Medical Certification, making treatment and hospitalization on the basis of medical need rather than the requirement that the mentally ill patient be dangerous to himself or others. This tends to eliminate the stigma and trauma of detention with a court trial to determine the presence of a mental illness; thus, protecting the individual's liberty while allowing for hospitalization when the individual is mentally ill.<sup>158</sup>

In 1959, PATIENT GOVERNMENT was initiated on Ward B (the residence for disturbed female patients) for the purpose of opening channels of communication among patients, spreading the feeling of responsibility, increasing active participation, stimulating initiative and establishing democratic action among mentally ill patients. This PATIENT GOVERNMENT improved their environment and set up regulations for the election of officers and committees. This led to patients readiness for open ward living, less friction among patients and a better understanding of Hospital policies and procedures.<sup>159</sup> This was the year that the Hospital, in conjunction with the Mental Health Association, during Mental Health Week, began a project entitled OPERATION FRIENDSHIP to find visitors for patients who had not had any outside company for a year or more.<sup>160</sup> The patients visited received so much enjoyment from these visits, that this project has continued. Patient self government was later started in the A and G Buildings, also female wards.<sup>161</sup>

In September, 1959, a full time Chaplain was employed to coordinate religious activities at the Hospital and to minister to the spiritual needs of the patients consistent with the background or religious denomination of each patient. His employment filled a need which had existed since the founding of the Hospital. His responsibilities are: personal visitation of critically ill and pre-surgical patients; participation in the patient orientation program for the purpose of relieving the initial anxiety of newly admitted patients; personal religious counseling with many patients and their families; officiating in religious services on weekdays in the individual wards, in the Auditorium and the Geriatric Building on Sundays; participating in a teaching program with Student Nurses, Psychiatric Aides, Trainees and other activities. The Catholic, Jewish and Latter-Day Saints denominations are serviced in the Hospital patients as previously.<sup>162</sup>

In March, 1959, the technique of REMOTIVATION was introduced to the Hospital after a team from the American Psychiatric Association

spent a week teaching Psychiatric Aides and Graduate Nurses. Since then, other Psychiatric Aides have been trained by Hospital personnel. Remotivation is a method of Aide-patient interaction which increases and strengthens the contact between the Aide and his own patients. It provides the Aide with an approach to patients which creates some interest and a better contact with reality. This is also stimulating to the Aide as it helps to create a better understanding and a better personal relationship. The Remotivation technique consists of five steps: 1) The Climate of Acceptance (5 minutes) — the Aide addresses the group in general, greets each patient warmly and individually, by name and makes any little appropriate comment which establishes a person-to-person contact with the individual patient. This step establishes a comfortable, relaxed atmosphere for the patients and the Aide. 2) A Bridge to Reality (15 minutes) — the reading of objective poetry, a famous quotation or with a newspaper item, moving around the group as he reads and encouraging individual patients to read parts of the selected poem or article. 3) Sharing the World we Live in (15 minutes) — development of the topic to be covered by the group, accomplished by means of objective questions which are carefully planned and by the use of related props, such as pictures cut out of magazines, maps, historical pamphlets and others. 4) An Appreciation of the Work of the World (15 minutes) — meant to prompt the patients into thinking about work in relation to themselves as to how a certain commodity is produced or how a specific job is done. Props may also be used here. 5) The Climate of Appreciation (5 minutes) — The Aide-leader expresses his enjoyment of the group, his pleasure that they were able to come and indicates plans for the next session, which provides the patients with a sense of continuity and with something which they can anticipate.<sup>163</sup>

During the fiscal year of 1960-61, an educational program for adolescents in the Hospital was established by funds provided by the Mental Health Foundation.<sup>164</sup>

In August, 1960, four women patients were transferred from G-1 to G-2 to determine whether all the patients with tuberculosis could be given adequate care and supervision on one ward, this making the first time that the two sexes resided in one ward. Since the latter arrangement presented no problems, G-1 was utilized as an open ward for geriatric patients.<sup>165</sup>

In September, 1961, a Clinical Psychologist with a Ph.D. degree was given the administrative responsibilities of Ward G-3, an open ward for female patients. These responsibilities include decisions regarding assignments, transfers and development of plans for discharge. The medical care, including medical and physical examinations, continued under the jurisdiction of the medical doctor assigned to the ward. The Social Work continued under a Psychiatric Social Worker, in a team approach.<sup>166</sup> In addition to the administrative responsibilities of the Ward, the Clinical Psychologist continued his services as Director of the Psychology Department. In his administrative procedure on Ward G-3, he has encouraged patients to take an active part in their rehabilitation through committees,



such as Work Planning Committee, Disposition Staff Committee and others. Patient government stressed the increased responsibility of patients for their own welfare. The interpretation of their situation to others, which they have done through Patient Panels, has been very educational to professional groups who have come to the Hospital for orientation.<sup>167</sup>

By September, 1961, the Arizona State Hospital had completed an arrangement with the Good Samaritan Hospital, Phoenix, for the admission of patients to the latter hospital for gynecological surgery.<sup>168</sup> Prior to this, arrangements had been completed with both the St. Joseph's Hospital and the Good Samaritan Hospital, Phoenix, to transfer patients from the Arizona State Hospital to the hospital of their choice, or their relatives' choice, for childbirth; the expense for the delivery to be born either by relatives or the Arizona State Hospital.<sup>169</sup>

To simplify the Voluntary Admission of patients and to encourage them to seek early treatment for mental illness despite the time of day or lack of previous appointments, Dr. Wick directed Hospital personnel in December, 1961, to refer these prospective patients to the Admission Office for evaluation by a Psychiatric Social Worker, who then summons the Officer on Duty (doctor) to examine and admit them for treatment. If prospective patients come to the Hospital after office hours or on weekends, they are referred to the doctor on duty. During the fiscal year of 1960-61, there were 174 Voluntary first admissions and 98 Voluntary re-admissions, making a total of 272. The total admissions increased from 1534 the previous year to 1,776. The average population of the Hospital by December, 1961, was 1708.<sup>171</sup>

Very little is recorded regarding the early treatment given patients at the Arizona State Hospital. It may be concluded, however, that the MORAL TREATMENT technique predominated. The implication reflected in information available is that mentally ill patients were susceptible to the same influences which determine the behavior of supposedly normal persons. Mentally ill patients were treated with a combination of kindness, firmness and individual attention; given primarily through work, recreation, nourishing food and a well-regulated pattern of hospital living. Whenever treatment is referred to in the earlier reports, it is not described or qualified except by the usual statement that the same treatment given the mentally ill elsewhere was given at the Arizona State Hospital. Consequently, it may be assumed that hydrotherapy of some type was used, since it was the most common method of treatment in Europe in the late 1700's when cold baths were prescribed to calm excited patients and warm baths were prescribed to treat depressed patients. The conventional remedies of those days were powders, extracts, draughts and pills.

A major cause of mental illness in 1912 was found to be syphilis, which was apparently detected by use of the Wasserman Test, developed in 1906. Mercury was the only known treatment for syphilis prior to 1906, but this medicine was effective sporadically only in the first stages of the disease and not at all in the final stages. Since malaria fever had

been found to be effective in the treatment of tertiary syphilis, causing paresis, or paralysis of the insane; it may be assumed that by the middle of 1917, this type of treatment was used at the Arizona State Hospital, prior to 1941. The fever-cabinet replaced the use of malaria in 1943 or 1944. Paresis has almost become extinct at the Hospital, only three patients carried the mental diagnosis of Meningoencephalic Syphilis and one having the diagnosis of Other Central Nervous System Syphilis during the fiscal year of 1960-61.

Insulin and Metrazol treatments (discontinued 1942) were introduced at the Hospital in 1937 and Electric Shock treatment in 1942. Brain surgery was performed around 1948 on patients who had failed to respond to other types of treatment. The use of tranquilizing drugs was begun in 1955 in the treatment of anxious, restless and disturbed patients. The use of energizing drugs in the treatment of depressed and withdrawn patients had proven successful by 1957. Combined with the foregoing therapies, Occupational, Industrial and Recreational therapies have been used successfully. Group and individual psychotherapy has been given whenever possible. Group orientation sessions have been given the newly admitted patients by the Psychiatric Social Worker and Ward Personnel since 1957.

Through the direction of Dr. Samuel Wick, Director from December, 1953 to the present (January, 1962) all the new methods of treatment, drugs and other discoveries of medical science to date have been evaluated and placed in use at the Arizona State Hospital.<sup>172</sup> Through this policy the Hospital Staff has been able to give patients the kind of treatment that can arrest mental illness and thereby preclude indefinite hospitalization. Dr. Wick's administration has had many high points, but in



Station wagon donated to the patients by AiResearch employees, 1958.



reviewing the overall picture, these peaks become obscured because his entire operation continues to ascend to new peaks on top of peaks. His courage in insisting on proper Hospital organization in the face of traditional opposition has brought about extraordinary results with scarcely any public recognition and has achieved a tremendous stride toward making the Arizona State Hospital a real curative and treatment center.<sup>173</sup>

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## M e m o r i a m

The sudden death of Miss Rosenberg in an automobile accident on October 20, 1962, brought shock and sorrow to patients and fellow employees. Her long period of devoted service to the Hospital has endeared her to all who knew her. She will long be remembered for her selfless use of time and energy in the interest of her patients and friends.

## OUT-PATIENT CLINICS

Samuel Wick, M. D.

The development of Out-Patient Clinics at the Arizona State Hospital has been progressive since the first clinic was established in 1947. This was a Neuro-surgical Out-Patient Clinic to provide for neurological and neurosurgical consultation primarily for epilepsy. This clinic has functioned continuously since that time and has expanded the activity so that there has been a gradual increase in the number of patients examined and treated from a number of communities throughout Arizona.

Although patients had been given after-care for many years, a regular program for this purpose was established in 1952. In the beginning the Out-Patient Clinic provided psychiatric follow-up one afternoon per week. This has been increased so that patients on Conditional Discharge are being seen four afternoons a week. The number of patients on Conditional Discharge in 1955 was 265, while in 1962 there were 765. In addition to the psychiatric services for the patients on Conditional Discharge, an Out-Patient Clinic to provide services to the community for those individuals who had not been hospitalized was established in 1954. This was staffed by the members of the Arizona State Hospital until 1956 when a Psychiatric Consultant from the community was added due to the increase in the number of patients. Since that time another Psychiatric Consultant has been added so that now there are two providing this service for the community one afternoon per week. This is a clinic which should be part of the community and established by the community. For this purpose, a committee from the Maricopa Mental Health Association has been active in attempting to obtain funds and facilities to establish an Adult Mental Hygiene Clinic in Phoenix.

The first Out-Patient Clinic away from the Hospital itself was established in Tucson in May, 1958. This was made possible by the participation and cooperation of the Pima County Mental Health Association which provided funds for a Psychiatric Social Worker and a part-time secretary. In addition, the Hospital provided the services of a Psychiatric Consultant one morning a week. Since it was opened, the Tucson Out-Patient Clinic expanded so that an additional Psychiatric Consultant was added for one morning a week and a secretary was engaged full time. During the first year of its operation there were 321 patients discharged from the Hospital who were referred for services in the clinic. During this past year, the number of interviews and contacts have more than doubled.

The Southern Arizona Mental Health Clinic was opened on November 20, 1961 in Tucson. This clinic provides all psychiatric services to adults from the southern area of Arizona. It was established by the cooperative efforts of the Arizona State Hospital, the University of Arizona Department of Psychology and the Pima County Association for Mental Health. The funds were obtained by an appropriation from the State Legislature, a grant from the Public Health Service to the Department of Psychology at the University of Arizona and financial support from the Pima County



Mental Health Association which provided the quarters, equipment, maintenance and current expenditures. This was the first Adult Mental Health Clinic established in Tucson. The staff consisted of a Psychiatrist Director, one Psychiatric Social Worker, one Clinical Psychologist with three Psychology Trainees, one Anthropologist and one Secretary. From the time the Clinic was available to accept patients, there has been an increasing demand from the practicing physicians, social service agencies and individuals which indicates the tremendous need for this type of service to the community.

During the 1962 session of the Legislature, funds were appropriated to establish the Southern Arizona Mental Health Center. Suitable buildings were purchased and plans are now proceeding so that these buildings will be remodeled and equipped in order to provide complete psychiatric services. These buildings will include the present Tucson Out-Patient Clinic and the Southern Arizona Mental Health Clinic, plus a Day Treatment Center. It will be necessary to obtain additional professional staff when the Southern Arizona Mental Health Center is completed and ready for occupancy. It is anticipated that with the Day Treatment Center, many patients will be given psychiatric care in their own community so that hospitalization will be avoided. The combination of the after-care clinic, mental health clinic and day treatment facilities is unique since these functions are usually divided and operate under separate Directors. We feel that this arrangement and organization will be more efficient and provide for better treatment schedule for all individuals who require treatment for emotional or mental illness.

Various communities have established Mental Health Clinics because of the demonstrated need and the interest of the people in these communities. The Yuma Mental Health Clinic began in 1959 with volunteer help and a Psychiatric Consultant who provided services one day per month. The Psychiatric Consultant was added to the staff of the Arizona State Hospital in order to give follow-up care for those patients who were given a Conditional Discharge from the Hospital to that area. The Cochise County Guidance Clinic was established in 1960 and provided for a Psychiatric Consultant one day per month. The Psychiatric Consultant was added to the staff of the Arizona State Hospital to provide follow-up care for the patients who were given a Conditional Discharge from the Hospital to return to that area. Additional clinics are being planned for other communities in Arizona which will be of considerable value, not only for patients who leave the Hospital, but for individuals in the area who require psychiatric services which might prevent their hospitalization.

## MINOR SURGERY CLINICS

Adeline Blundy, RN

## FOOT CLINIC

Volunteer services of a Podiatrist were first made available to patients of Arizona State Hospital during the summer months of 1935 and 1936

when Julius Citron, at that time a student of Podiatry, was sent to Arizona State Hospital by Dr. Moore.

In 1937 Dr. Citron started weekly Clinic visits to Arizona State Hospital taking care of our patients' foot disorders. He continued this work until 1954 when Dr. Samuel Mason and Dr. Howard Seyfert began in the Clinic as Consultants in Podiatry. Since 1954 Dr. Mason and Dr. Seyfert have faithfully and voluntarily given their time and services to our patients on alternating weekly clinic visits.

Their work has also included performing necessary surgical procedures relating to foot disorders.

### OPTICAL CLINIC

Optician services first became available to patients of Arizona State Hospital in 1957 when Martin Kole was appointed to provide these services. Mr. Kole had previously worked with hospital patients in New York.

Since that time Mr. Kole has made weekly visits to our Minor Surgery to adjust and fit glasses. His work also includes repair of broken frames, replacing broken lenses and making new glasses from prescriptions of Dr. Harry J. French and Dr. Sheldon Zinn, the Ophthalmologists who examine the eyes and prescribe necessary glasses for our patients.



Minor Surgery, 1960.



## GYNECOLOGICAL CLINIC

Gynecological examinations on a Clinic Consultant basis for patients of Arizona State Hospital were begun in 1949 by Henry Siegal, M.D. He had been Gynecological Consultant at Illinois State Hospitals previously in conjunction with his work at the University of Illinois. Dr. Siegal believed that this type of Clinic would be of value and benefit to Arizona State Hospital, and voluntarily offered his services on a weekly clinic basis.

The necessary surgical work resulting from the clinic examinations was done by Dr. Siegal at Arizona State Hospital.

An increasing amount of gynecological Clinic work initiated establishing the Arizona State Hospital Gynecological Clinic as a complementary part of the Good Samaritan Hospital's Gynecology Residency program, and in 1959 Dr. Siegal was instrumental in procuring this service. Since that time, routine gynecological examinations for all female patients have been done by the Good Samaritan residents. The consultant and surgical work resulting from these examinations is done by gynecological specialists on the Good Samaritan Hospital Staff. At this time the participating physicians are Drs. Henry Siegal, Robert C. Evans, Heinz Hochrein, Maurice D. Farrar and William D. Lawrence.

## COMMITMENT LAWS

H. F. Townsend

- 1871 The mentally ill appeared before the probate judge of any county. Two or more witnesses and one or more graduates of medicine (and reputable practitioners thereof) were required for the hearing.

The judge directed confinement when indicated.

The board of supervisors of each county provided confinement in the county jail or in such other manner and place as should in their judgment be best for the safety of the insane person and the community.

(Compiled laws of the Territory of Arizona, Feb. 9, 1877, Page 194.)

- 1887 About the same as in 1871, except the judge directed confinement in the Territorial Insane Asylum and the committed person was held confined by the county until sent to the Asylum.

(Revised Statutes of Arizona, March 10, 1887, Page 381.)

- 1913 The mentally ill appeared before the judge of the Superior Court of any county.

Proceedings about the same as in 1887.

Revised Statutes of Arizona, Chapter 29, Laws of 1913, 2nd Special Session, Page 495.)

1928 The mentally ill appeared before the judge of the Superior Court following a sworn complaint.

If the person had no counsel one was appointed by the court. Two or more witnesses and two or more physicians were required to be present at the hearing.

If appropriate, the judge ordered commitment at the State Hospital. Cost of maintenance at the State Hospital chargeable to the respective counties.

Approved January 5, 1929, effective date July 1, 1929.

(Revised Code of Arizona, 1928. Page 418.)

1956 Any person could petition a judge of a County Court, alleging a person was mentally ill. The petitioner was not liable, except in a case of malice.

Mentally ill held in a county hospital or other place (except State Hospital), for a maximum of 72 hours upon the presentation of a petition when a judge was not available.

Hearings open to the public. Service of petitions upon the ill person not necessary if two physicians swore the service would be detrimental to the ill person.

If no attorney for the mentally ill, the court appointed one.

Two or more witnesses and two or more physicians necessary at the hearing.

If appropriate, the judge committed patient to the State Hospital or the Veterans Administration. Mentally ill might be committed for observation.

(Arizona Revised Statutes. Sec. 36-502, August 27, 1956. Volume 11, Page 419.)

1958 Defined mental illness as a psychiatric disorder.

Ill person could enter the Hospital upon a volunteer basis, upon medical certification, emergency certification or by court commitment.

(A new Title 36, Chapter 5, Arizona Revised Statutes, Sections 36-501 to 36-510, approved March 18, 1958.)

## SEVENTY-FIVE YEARS OF BUILDING

Phil Brown and Rod Clelland

When sixty-one Arizona citizens, who had been "boarded out" to a hospital in Stockton, California, arrived in Maricopa Station in January of 1887, no brass band met the group. Such a reception would have been unlikely, for they traveled in a spacious and well-appointed box car! Despite these unpretentious travel accommodations, the patients of the newly-built "Insane Asylum of the Territory of Arizona" found a building which demonstrated more concern for their welfare. The thirteenth Territorial Legislature had authorized a hospital in 1885 and a cornerstone



was "laid without ceremony" according to a note prepared by the officers of the Commission on March 13, 1886.

Transported by team and wagon, these sixty-one found the Hospital building as pictured on page 17; really three buildings. With an ornate, cedar-shingled, high-pitched roof, the center area was for administration and living quarters for employees. A west wing was for female patients; the east wing for men. There were three stories on each side, the lower floor being a half basement.

The patients were greeted by Attendants, newly-hired and admonished, ". . . it is presumed that we are dealing with ladies and gentlemen and that all employees will at all times conduct themselves as such."

Viewed by today's standards, this building was considerably less than adequate for its intended purpose, the treatment of ladies and gentlemen. However, the general treatment of mental illness in that day and for the ensuing sixty years, was principally a matter of custodial care. Moreover, while the building afforded adequate space for the number of patients anticipated in the foreseeable future, the report to the legislature in 1892 said, referring to the original building, "The foundation is of brick, four feet below the surface, and where the walls have been exposed to dampness, the brick has disintegrated and the main walls have in consequence cracked or broken; if they are allowed to remain in the present condition, they are liable to damage more rapidly." Fifteen years later, the report on this building read as follows, "The Asylum buildings are old and dilapidated. The main building is structurally weak, and it is constantly growing weaker. Worst of all it is a firetrap, and should a fire in the institution get beyond control, it is appalling to think of the consequences. The old Asylum should be abandoned for a new structure. The hospital building now under construction, at a cost of \$42,000 will provide accommodations for 188 patients. For \$60,000 additional, a reinforced concrete, fireproof building could be constructed in which, with the new building under construction, and the cottages already built, the whole population of the Asylum can be accommodated for some years to come."

From the day of that report, with constant maintenance requirements, this fort-like structure was to dominate the area, standing above all supplemental buildings. In 1911 the building burned, but in 1912 it reappeared like the Phoenix bird from its own ashes.

When reoccupied in early 1913, with concrete porches added and with concrete floors and a new concrete roof, this building, with its original brick walls and brick foundations quickly resumed its stature as the patriarch of hospital buildings, as it is shown on page 88. A report to the legislature in 1913 said, "The ground floor of this Admission Building is used for offices, the basement is used by the Attendants, one part as a Reading Room and the other as a general Recreation Room. The hospital building has been completely reconstructed and the large cement porches are ideal, making it possible for the patients to be in the open air nearly the entire day." From these remarks, it is plain that most of

the patients were confined within the building throughout a good deal of the day.

This original building, now known as the D Building, is scheduled to be torn down and replaced soon by a new Receiving and Treatment Center, which will also be known as the D Building.

Through the years, many buildings have come and gone and a good number of them have undergone frequent changes and permanent improvements.

In 1900, combined brick and frame buildings of identical construction were placed to each side of the original central building and repeated the ornate roof motif of the original building.

In the period 1909 through 1911, the building, which is currently known as the C Building, was constructed as the first addition of patient space. In 1910, the Power Plant, containing a small laundry, was constructed. This structure also had an ice-manufacturing plant and a huge brick draft stack.

In 1912, the present Administration Building was constructed; it contained on the upper floor a new residence for the Superintendent.

In 1914, the present Auditorium and Dietary Building (it was then called a "Dining Hall") were built; each has had considerable reconstruction and continual repair in the intervening fifty-eight years.

The area between 24th and 28th Streets and bounded on the north by Roosevelt Street and on the south by Van Buren Street constitutes one hundred and sixty acres. This area was one-half of the original grain field in Salt River Valley. The few buildings on this one hundred and sixty acres allowed additional space for farming activities. By 1917, the patient population was large enough that additional farm space was required and this was purchased in a two hundred and fifty-nine acre site approximately a mile and one-half east of the Hospital proper. This two hundred and fifty-nine acre site was sold in 1960 to Brigham Young University for the eventual construction of a branch university for Phoenix.

In the twenties, there were two buildings erected. One of these was described as, "to contain women's wards and facilities for tuberculosis patients." This building is currently known as A Building and was completely reconstructed in 1961. The other was a "male ward building." This is today known as F Building and was completely rebuilt in 1958.

In the thirties, there were three buildings added to the "campus." In 1936, as a WPA project, there was built the Hospital Building, which is today known as the Medical and Surgical Center. In 1937, a women's ward was added. This is today identified as the B Building and was completely rebuilt in 1956. A garage and paint shop were added in 1938.

There were no new buildings for approximately seven years, then in 1945, using almost entirely patient labor, there were erected five brick residences for medical staff members. The following year, the legislature



provided funds to build a morgue and laboratory; in 1949, five additional residences were erected.

Beginning in 1950 and continuing for the past twelve years, there has been almost continual construction to meet the growing population of Arizona. A laundry was built in 1950; two Admission buildings, now known as Receiving East and Receiving West were built in 1951.

In 1952, the legislature recognized that the population of the state and the census of the State Hospital had greatly exceeded building capacities. At the time, according to accepted mental hospital standards, there were 1800 patients in a space considered to be adequate for approximately 810 patients. An unheard of appropriation amounting to \$2,179,000 allowed the erection of Buildings G, J and K, which more than doubled the number of square feet per patient available in patient residence areas. G Building is a modern tuberculosis hospital. J Building is a large geriatrics building, recognizing the growing problem of the aged patient, which is true of all hospitals. K Building is an intensive treatment area, containing for the first time, shops for occupational therapy and recreational therapy. It is interesting to note that G Building was constructed at a time when there were seventy-nine known cases of tuberculosis in Arizona State Hospital and was designed for the eventual housing of 100 tuberculosis patients. However, modern treatment of tuberculosis has reduced the incidence of that disease to a point where there are today in Arizona State Hospital only 21 tuberculosis patients, all confined in one ward. The balance of G Building is now devoted to open-ward patients.

In 1953, the Power Plant underwent some revisions that allowed the



"A" Building 1959.

installation of a 600-ton central cooling system, providing refrigerated cooling to most of the buildings throughout the Hospital area. In the five years, between 1954 and 1959, there were erected in rapid succession a building for the purchasing and storeroom functions, a new building to house Engineering Services, a complete rebuilding of B Building, a new Information Center, a reconstruction of the old F Building and an addition in 1959 of another 600-ton refrigeration central cooling unit.

In 1959, the State of Arizona opened a supplementary State Office Building on West Congress Street in Tucson. Arizona State Hospital was allotted three offices in this building and opened its first Out-Patient Clinic, allowing patients previously in the State Hospital to return to their homes and obtain occasional counseling, medication and psychiatric aid near their homes.

The fiscal year 1960-1961 saw a number of accomplishments in buildings. With the aid of the Pima County Association for Mental Health, an Auto Court on South 6th Avenue in Tucson was converted to the Southern Arizona Mental Health Clinic. Here southern Arizona psychiatrists and other cooperating agencies are allowed to refer people with mental illness or indications of mental illness for a new type of Out-Patient function. In Phoenix that year, the old Power Plant had its face lifted, a new boiler added and the ancient brick draft stack removed. The K building had a \$300,000 addition for a Rehabilitation Center, including a new patients' Library. A new Coffee Shop was constructed along with a new building to house the hospital's Personnel Department and the Nursing Education function. In this same year, the A Building, originally constructed in 1925, not only had its face lifted, but also was enlarged



"A" Building 1961.



and in it was incorporated an entirely new concept in the division of space provided for various patient functions.

In the Hospital's seventy-five years, a number of buildings have come and gone, leaving their imprint on the ledgers of the Hospital; however, not many people can remember them. Their names are somewhat indicative of their age: doctor's apartment, nurses' dormitory, commissary, rabbitry, ironclad storehouse, adobe cottage, cannery, superintendent's garage, sewerage pumphouse, several slaughterhouses, hog houses, cattle sheds, horse-feed storage houses, frame mule sheds, a concrete silo, a hay barn, two calving sheds and a number of farrowing pens. The records demonstrate



Entrance to Hospital. circa 1961.

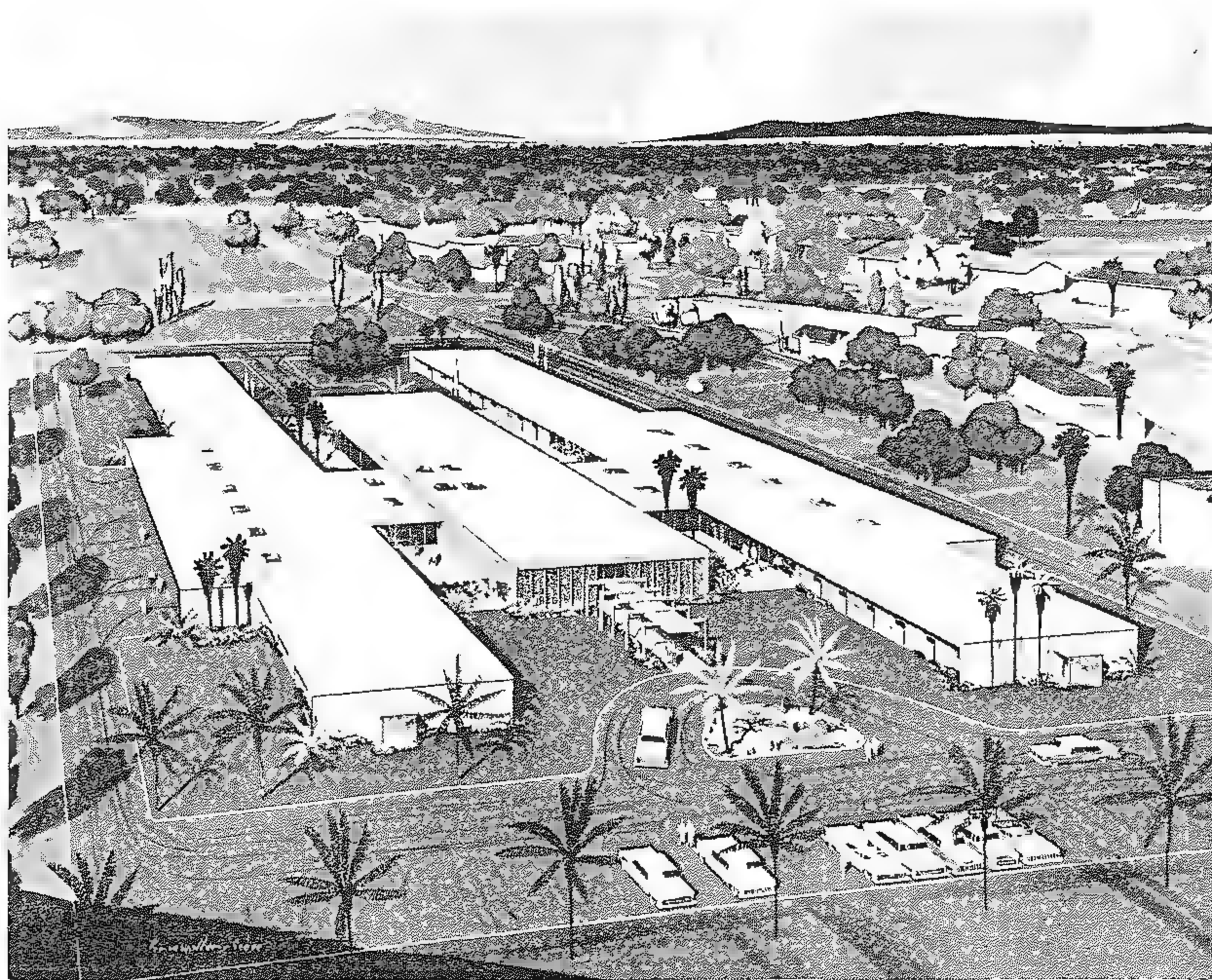
regular expenditure for continual improvements and repair in these departed buildings as well as in those structures that yet remain.

At the time of this publication, the Hospital is nearing completion of a General Services Building to combine and house the laundry, a modern sewing factory, a modern reupholstery and mattress-manufacturing shop and new storage and offices for all of the housekeeping functions.

Future projects include a replacement of an ancient dietary building, the construction of a beautiful new chapel and the replacement in the near future of the old Administration Building.

Land and buildings purchased in 1962 in Tucson will enable the Hospital to combine the Southern Arizona Mental Health Clinic, a Tucson Out-Patient Clinic, and add to them a new Day Treatment Center. It is anticipated that this will greatly reduce the number of patients committed to Arizona State Hospital from the southern counties of Arizona. Most important, it will make possible the treatment "close to home" of patients from that area. This is a forerunner of other regional mental health centers which it is likely will be created in other areas in Arizona.

When the sixty-one patients arrived from Stockton, California in 1887, they entered a custodial center. Patients arriving at the Hospital today come to a modern treatment center where there is every hope that they may



Planned Receiving Building



be rehabilitated and enabled to "function" in some acceptable environment outside the Hospital.

As this Hospital begins its second seventy-five years of operation, there is every reason to believe that patients who enter one of the facilities of Arizona State Hospital can look forward to an era in which there will be research and prevention of mental illness as well as intense and effective treatment. Incidental to these expectations is the building program, which creates a great deal of the atmosphere in which a patient seeks to find mental health. As the original building is scheduled to disappear from the "campus," the era of custodial care and "groping" treatment draws to an end. The new D Building, which will replace the original structure, will stand as a symbol of the beginning of an era of enlightenment and research.

## COMMUNITY RELATIONS

Samuel Wick M. D.

The attitude of the community toward the Arizona State Hospital has fluctuated during the years from apathy to criticism, from interest to concern and from cooperation to participation. In the last ten years a continued effort has been made to involve the community so that it would feel that the functions of the Hospital were part of its responsibility. The public was informed of the problems and needs of the Hospital so



Red Cross Volunteer Gray Ladies with Dr. Wick 1960.

that it would become aware that the Hospital was attempting to provide the necessary treatment to the mentally ill of Arizona who were unable to provide for private care. There has been a growing interest by the community as demonstrated by participation in many projects related to and associated with the Hospital.

### VOLUNTEERS

For many years the only volunteer program at the Hospital was provided by the Gray Ladies of the American Red Cross. Recently there has been an increase in volunteers from many organizations, clubs, church groups and individuals. Gray Men have participated in the contacts with patients. The volunteers perform a variety of tasks and participate in many programs in the Hospital as described in the report by the Director of Rehabilitation Services.

### MENTAL HEALTH ASSOCIATION

The Arizona Association for Mental Health, with the active cooperation of its local chapters, has given wholehearted support to the Hospital. The Legislative Committee has sponsored and supported the requests made by the Hospital for increased appropriations in order to provide an adequate staff with an adequate salary. In addition, a committee was active in the review of the statutes related to hospitalization and commitment



Annual meeting Arizona Association for Mental Health, April 18, 1959.



which resulted in a change in the Mental Health Code which was passed by the Legislature in 1958. Other committees reviewed the problems of the emotionally disturbed and mentally ill child with recommendations that a treatment facility be established. This recommendation was modified and given legislative approval in the 1962 session when funds were appropriated to employ a Child Psychiatrist to assist in the study and plan for a Children's Unit at the Arizona State Hospital.

The Mental Health Association has been active in many other areas which have been of benefit and value to the patients during their hospitalization and after leaving the Hospital to return to the community. It has sponsored two ex-patient social clubs which have provided the patients with continued contact after leaving the Hospital and assisted them in socialization, as well as employment. Through its efforts hundreds of Christmas gifts were collected for patients and Christmas trees secured for all wards. Current magazines, toys and clothing are collected all year for patients. A loan fund for former patients is maintained to help them get started in a job or establishing a residence in the community.

At its 1960 annual meeting, held at the Hospital a play entitled "Mental Illness—Our Town" was produced and presented. Later this was adapted for television as "The Return." From this a film was made which is being shown throughout the state. In it Hospital personnel depict the story of a depressed patient who is admitted to Arizona State Hospital and how she was treated and returned to the community.

On May 4, 1962 over 200 seniors from 13 valley high schools spent a day at Arizona State Hospital learning about careers in mental health. This well received program was sponsored by the Maricopa Mental Health Association. Hospital personnel lectured on opportunities in 6



A portion of those in attendance at the Tuberculosis Nursing Conference  
circa 1957.



mental health occupations and the students were taken on a guided tour of several units of the Hospital.

### COMMUNITY CONTACTS

Many members of the professional staff have spoken to organizations, clubs and civic groups describing the programs of the Hospital and indicating the variety of needs for the Hospital. The professional staff has participated in the programs of local organizations, as well as national organizations. Many members of the staff have held offices in their respective associations, including local, district and national. This active participation has been of value to the Hospital by introducing many ideas, suggestions and improvements in methods of treatment, better procedures and improved facilities.

### MEDICAL RELATIONSHIPS

The Maricopa County Medical Society was invited to the Arizona State Hospital for the first time in 1957 when one of the regular meetings of the County Society was held here. The staff of the Arizona State Hospital and several of the local psychiatrists participated in the program. The second meeting of a similar nature was held in 1958.

The Dental Society met here in April, 1942.

The Psychiatric Institute of the Arizona Academy of General Practice was held at the Arizona State Hospital in 1961 with the participation of many of the staff members. The members of the Academy attended small clinics with patient demonstration and discussion. The staff of the Hospital



Meeting of Maricopa County Medical Society at Arizona State Hospital.  
circa 1957



participated in the second Psychiatric Institute and cases were again demonstrated in 1962.

Members of the staff of the Arizona State Hospital have been active in various medical societies, particularly the local Psychiatric Society and the Intermountain District Branch of the American Psychiatric Association.

The Hospital has on many occasions assisted other governmental agencies. A report for 1935-37 states that "frequently laboratory examinations are made for other state institutions, viz. the Prison, Girls' Industrial School and Pioneers' Home." The Electroencephalogram Laboratory provides services to patients from Maricopa County Hospital, Crippled Childrens Hospital, Arizona Childrens Colony and other agencies of the County and State.

The following awards were presented to Samuel Wick, M.D., Superintendent: In 1956, the Mayor's National "Employ the Physically Handicapped" Committee presented the Certificate as a Physician's Citation for Outstanding Service, and the President's Committee on "Employment of the Physically Handicapped" presented a Citation for Meritorious Service in Appreciation for Exceptional Contributions. In December 1957, the Maricopa County Medical Society presented him an award for Distinguished Public Service which read, "For his outstanding record of accomplishment as Administrator, his far-sighted treatment programs, and substantial improvements in patient accommodation."

At the present time, the Hospital is considered an integral part of the community as a treatment facility. The public is aware that further advancements can be made only with its support and continued cooperation for developments in the future.



The Navajo Tribal Council conferring about the care of Navajo Patients.

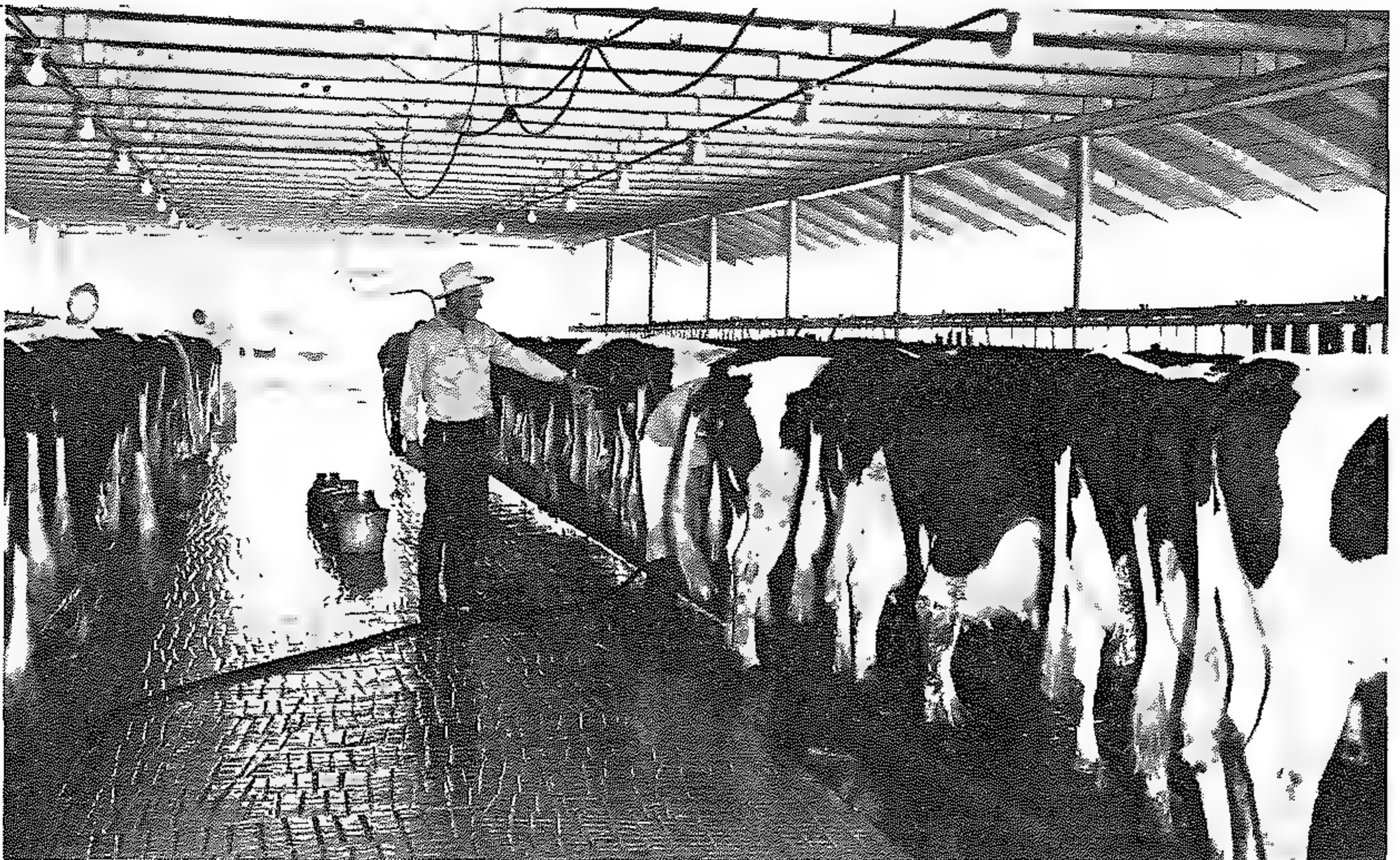
# Departments

## BUSINESS

Helen W. Rice

Very little information is available concerning the Business Division prior to the appointment of the State Hospital Board in May of 1941. It is known that a Business Manager was appointed at that time, Dr. J. C. Reagan, and that there was a Bookkeeper. Dr. Reagan began a program, under the Board's direction, for collection for the care and treatment of patients. When he resigned, the Bookkeeper, Mr. Harry M. Whitmer, was appointed Business Manager. Mr. Whitmer recalls that, at that time, there was one evaporative cooler on the Hospital grounds, installed in the Superintendent's office; there were three turkeys on the farm and they belonged to an employee; the Hospital plant, particularly the kitchen, was in need of renovation and repair.

The following year, there was a flock of 300 turkeys on the farm and some 400 swine. Erysipelas attacked the herd and Mr. Whitmer reports that it was often necessary for him to intern a victim of the disease "at night or even on Christmas" to prevent spread of the infection. With the assistance of the Arizona College of Agriculture a fine dairy herd was built up. (Some of the Hospital dairy cows were later awarded ribbons at the State Fair.) A portion of the farm was planted to vegetables. Thus, the diet of Hospital patients was improved despite the shortage of funds. During World War II there was a plentiful supply of fresh milk, pork, eggs, poultry and fresh garden produce for our patients when food short-



Pure bred Hospital Dairy Herd circa 1958.



ages and rationing were known by the rest of us. A dehydrating plant was placed in operation at that time to further insure a supply of vegetables for the Dietary Department throughout the year.

In 1941 purchases for the Hospital were made by the State Purchasing Agent. Shortly after Mr. Whitmer's appointment, this responsibility was transferred to him. Appropriations throughout the decade he was Business Manager were inadequate. To supplement them, efforts for collection for care of patients were increased. Mr. Whitmer negotiated the first contract with the U. S. Public Health Service for payment for care of Tribal Indians. Often, the purchase of an evaporative cooler for a ward, or even the purchase of needed food supplies, had to be deferred pending receipt of collections for patient care. His intention (and the Hospital Board's) that each patient be provided something more acceptable than an aluminum plate and spoon by way of table service, was not realized until several years after he became Business Manager. There was one memorable occasion when the salary budget would not stretch to the end of the fiscal year. On that occasion, ten employees were laid off for two weeks without pay. These ten were selected after careful consideration of the effect this loss of pay would have upon them.

Eventually, as funds became available, evaporative coolers were installed in all areas. The kitchen was renovated and new equipment purchased, including a dishwasher—a matter for celebration, surely! Later, new wings were added to the Hospital building and a laundry and sewing room were



Patients' Table Service circa 1941.



built. Five cottages were built for the Superintendent and resident doctors. Funds were not adequate to contract for this construction. Instead, materials were purchased and the buildings were erected by Hospital personnel with patient help. The Business Office, itself, was short-staffed and poorly equipped. A Bookkeeper, a Stenographer-Claims Clerk and a Purchase Order Clerk performed all of the functions of the Business Office—this with the use of one adding machine, which was provided for the Bookkeeper.

It was not until 1946 that a calculator was purchased for the Purchase Order Clerk. The Stenographer figured claims with paper and pencil! The Bookkeeper not only received and accounted for all funds but posted maintenance charges and credits by hand and prepared the monthly maintenance statements. In addition, she was responsible for patients' "valuables" (everything not listed as clothing). These were stored in a large vault in the area directly behind the present switchboard. Later a locked storage area for these items was built in the Business Office, which then occupied the basement of the Administration building.

By 1952, the staff had been increased to include a Payroll Clerk, an Assistant Payroll Clerk and an Assistant Business Manager, Mr. Al Greff. Mr. Greff was responsible for issuing purchase orders, for the maintenance collection program, for Hospital keys and for capital inventory.

Thus, in brief, passed the first ten years under the State Hospital Board. Much was accomplished and the groundwork laid for the accelerated improvement in the Hospital plant, in the quality of Hospital personnel and in the treatment of patients, which has been accomplished in the last ten years.

Beginning early in 1952, under the leadership of our present Business



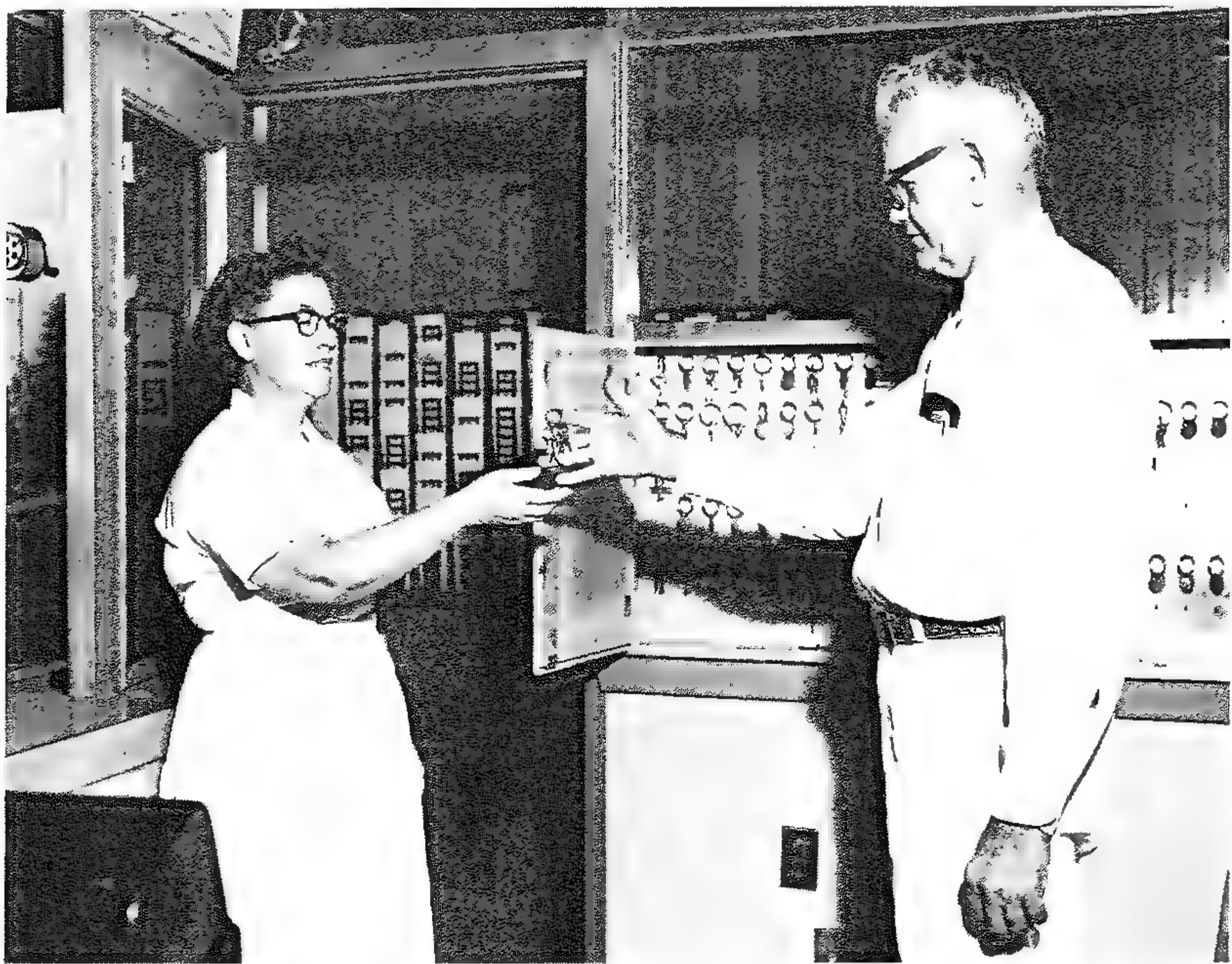
Aug. 1955. First Graduating Class — Supervisory Techniques.



Manager, Mr. R. A. Clelland, improvements have been made in every area under his management. Areas of responsibility have been clearly defined: All dietary areas and personnel are under the supervision of the Chief Dietitian. The former "Maintenance Department," Power House, garage and landscaping functions are supervised by the Chief Engineer. The Housekeeping, Laundry, Sewing Room and Mattress Shop Departments are grouped under General Services and are supervised by the Executive Housekeeper. The farm operation, reduced to poultry and truck gardening after the sale of the farm, is supervised by the Farm Manager. The Business Office functions and the switchboard are supervised by the Office Manager. Purchasing, warehousing and inventory control are supervised by the Purchasing Manager. These supervisors have full authority and are responsible to the Business Manager.

Mr. Clelland, soon after becoming Business Manager, gave classes in supervisory techniques to supervisors both in the Business Division and in the Medical Division. Since, he has continued to offer this instruction on a more or less monthly basis to his own supervisors. In addition, they are encouraged to attend institutes and seminars and thus keep abreast of the times.

In the Business Office, a continuing effort is made to reduce the increasing volume of paperwork by means of work simplification and methods improvement. Some of the changes made in the past ten years are:



Nursing personnel receive keys at the beginning of each shift.

In the Business Office, a credit and collection function was added to emphasize maintenance collections and engage in intensive research for added sources of collection. This department has served to increase collections considerably in the past five years by means of hospitalization insurance, Social Security and Veterans Administration benefits and other like sources. This last has resulted in funds being made available for our patients' use and, accordingly, Patients' Trust Fund accounts have increased also.

Activation of a system for key control. A new unit of personnel was added to sort and catalog the thousands of keys used by Hospital personnel. When this was accomplished a system was devised to control the issuing of keys. The key control function was later transferred to Engineering Service.

Establishment of a Personnel Office. Originally, applicants were referred by the Superintendent to the department head, hired by the department head and "signed up" by the Payroll Clerk. The first step was to hire a Personnel Clerk, who accepted applications, referred the applicant to the department head and signed the applicant on the payroll. Later, a Personnel Director was employed and the Personnel Division was established.

Distribution of office supplies, long a function of Business Office personnel, was assigned to the supplies department and a traveling requisition system was installed.

Capital inventory procedures were streamlined and improved for more accurate and satisfactory record keeping.

A system for controlling the salary budget, department-wise, was initiated. Control of expenditures of funds has been instituted. Department heads confer annually with the Business Manager and the Hospital Director concerning their anticipated needs for the coming fiscal year. This information is used in preparing the annual budget request for submission to the Legislature in January each year. After the appropria-



Public sale of salvaged property May 5, 1956.



tion has been made, the Business Manager again confers with the department heads and allots to each department a budget for the new fiscal year. Expenditures by the department head are controlled by the Accountant, whose approval, budget-wise, must be documented on the request for purchase before a purchase order can be issued.

Business is good in the Cashiering and Accounting Sections. The post auditor remarked several years ago, "This is big business!" It is. We now have a Cashiering Section busy all day each day receipting and depositing funds, processing withdrawals of patients' funds and receiving and depositing more than \$400,000 annually received for care and treatment of our patients. The Accountant and Bookkeeper maintain individual ledger accounts for some 500 patients who are paying for their care and treatment and trust accounts for the major part of the some 1700 patients in the Hospital, in addition to accounting for the several other funds for which this department is responsible. It is possible for them to accomplish this since the installation of mechanized bookkeeping equipment a number of years ago. The time will come before too long, when we will need to consider a punch card accounting system to handle this function and the perpetual inventory function and, in the future, to provide an accounting service to the ancillary departments of the Hospital.

Mr. R. A. Clelland is President of the National Association of Hospital Purchasing Agents, President-elect of the American Society of Mental Hospital Business Administrators, Nominee in the American College of Hospital Administrators, a member of the American Hospital Association, the Association of Western Hospitals (Former member of the Board of Trustees), the National Institute of Governmental Purchasing, the Arizona Hospital Association (Former Member of the Board of Trustees), the Arizona Association of Hospital Purchasing Agents, Immediate Past-President of the Purchasing Agents Association of Arizona and a Director for National Affairs in Arizona of the National Association of Purchasing Agents.

Mrs. Nora McKinley is a member of the National Association of Business and Professional Women.

Mrs. Aletha Clarke is a member of the State Chapter of the American Association of Hospital Accountants.



The Hospital Accounting Section. circa 1960.

## DENTAL

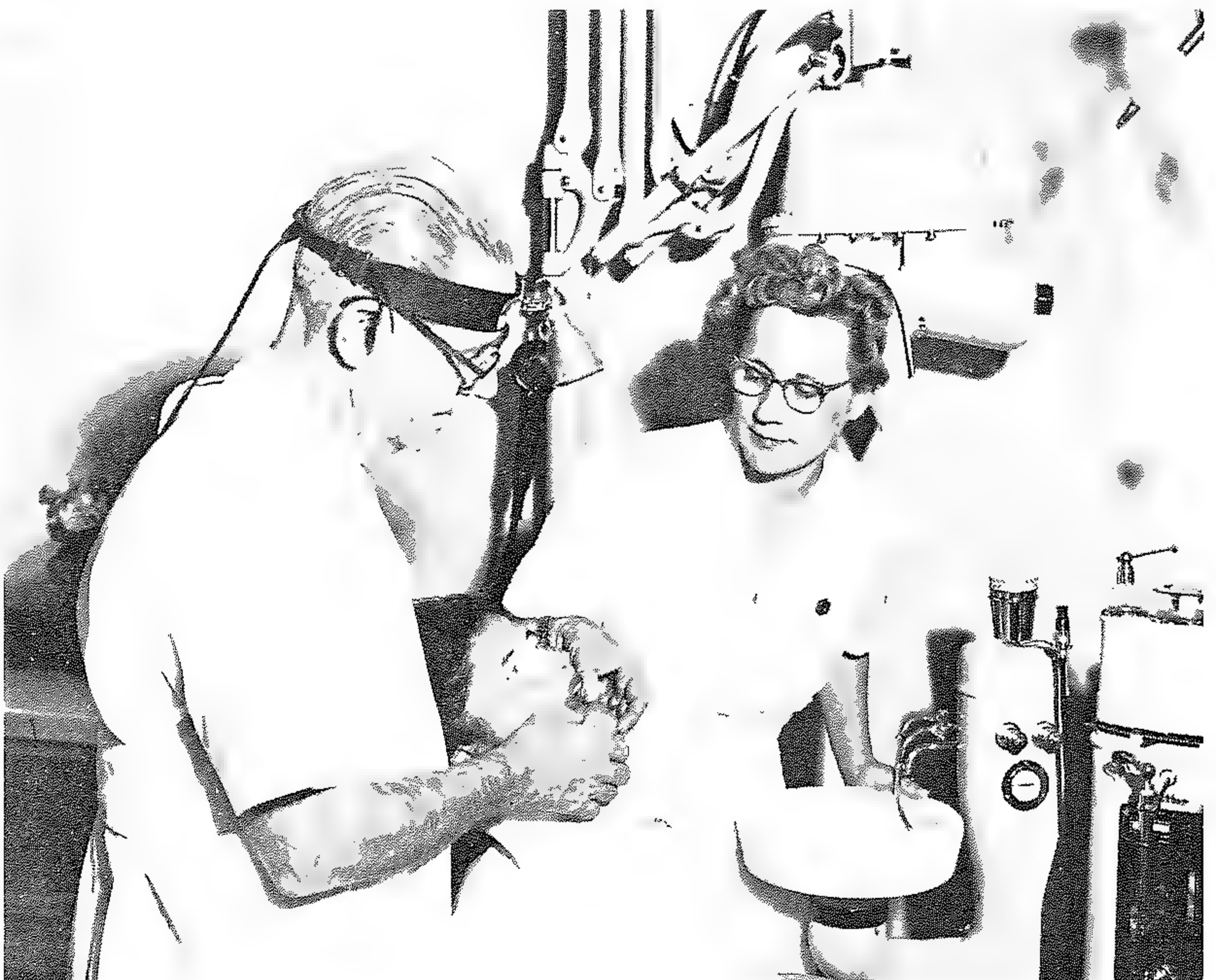
Evelyn Henry R.N.

In 1933 a dentist from the community came out to the Hospital for about a half-day weekly. Dr. L. B. Stallcup at that time did dental examinations of each patient and, as time permitted, extractions, cleaning of teeth and treatment of gums. Later, Dr. W. A. Baker performed similar duties.

Dr. Robert L. Henry was the first full time dentist. He began on July 18, 1949 and served until his retirement on March 19, 1960. Dr. Henry's wife was employed as Dental Assistant (Nurse). When the Henry's arrived to take over the dental office, they found part of it being used for the storage of mattresses.

At first, work consisted of extractions, cleanings and fillings. A year later dentures were made for patient helpers and those unable to pay for them.

Since Dr. Henry's retirement, the service has been limited to half-days on 5 days weekly and performed by Drs. William C. Parker, Robert K. Parkinson, Robert A. Gwinner II, and Morton T. Copenhaver in succession.



Dental Office. circa 1959



# DIETARY

Louise Edwards

Prior to 1956 there appears to be no written history or chronological reporting on the trends or developments within the Dietary Department. There are available a few statistical reports which cover the canning operation which was a part of food service functions at that time and the school lunch commodity report.

Mr. Orr, a thirty-three-year Hospital employee, and currently a contract worker of the Hospital has been good enough to give me a few highlights from the past as relates to the Dietary Department.

It seems incredible that thirty-four years ago there were only two cooks employed at the Hospital. One cook prepared food for the paid employees and the other for the patients. Today, we have a Chief Cook, three full-time Cooks, four Cooks Helpers, a Baker, a Baker's Assistant, a Peeling Room Supervisor and an Assistant Peeling Room Supervisor. All of these individuals lend a hand in the actual preparation of the food.

Mr. Orr relates further that until about 1937 there were only two shifts of employees a day. The day shift worked the 13-hour day and the night shift worked an 11-hour day. This of course, made it possible for one cook to cover all three meals.

The dining facilities were completely archaic. For instance, Mr. Orr tells me that at the farm there were no facilities whatever. The employees and patients sat on the ground and ate such food as was sent. If it rained, it rained. There was no shelter available. As he recalls, the farm got its first dining hall about 1936. This was little more than a cover from the elements. He states further that it was in about 1954 when the farm which then was located on McDowell Road and 40th Street, received other eating facilities. These were quite modern even though they left a good deal to be accomplished from a sanitation point of view. Gradually, as it was possible, this facility was improved until ultimately it was quite satisfactory.

Mr. Orr further informs me that when he first came to the State Hospital in the early 1900's beef was slaughtered weekly right here on the Hospital grounds. Most often once a week, occasionally twice a week. It is my understanding that no carcass beef was bought at that time. Pork too was raised on the farm and slaughtered for patient and personnel consumption. By comparison it is interesting to note that presently we have a fairly modern and most sanitary butcher shop. Here, approximately six to eight head of beef are handled a week. In addition, whole poultry is cut for kitchen use. No carcass pork is handled at this time. All of the pork for the menu comes fabricated.

Interestingly enough, during the early days of the Hospital's operation, Mr. Orr tells me that the food from the Main Kitchen was delivered to the ward areas via a push cart. These push carts were man powered by patients. Mr. Orr doesn't recall at just what point in our history that

motor vehicles were employed for this purpose. He does recall driving a Model T for the delivery of produce from the farm to the Hospital and the use of this same Model T for the delivery of ice from a central ice house on the grounds to the various ward areas. This he places as occurring in about 1927.

Mrs. Alpha Richardson recalls that the Medical-Surgical Building here at the Hospital was erected sometime in the early forty's. She tells me there was a Mrs. Hess who prepared the special diets for this building for the first year after its construction. The following year Mrs. Richardson, who was then employed on the wards, took the Hospital diet kitchen as a permanent assignment. She was the Charge woman in this area until "old diet kitchen" was closed in 1957. As new and modern as this facility was in the early 1940's by 1957 both the kitchen itself as well as all of the equipment it housed were by modern standards so obsolete that the only way to get the area to acceptable sanitary standards was to close it completely and move the functions into the nearby K kitchen which was an almost new building at that time.

Mrs. Richardson recalls the first registered Dietitian was employed in the early 40's and she was Mrs. Clara Mae White. The next registered Dietitian was Mrs. Elizabeth Basom who was employed in 1948. Mrs. Richardson recalls that both of these women had a most difficult time attempting to bring the Dietary facilities into focus with their training. It appears that neither of these women remained at the Hospital for any length of time.



Cannery Sept. 1955.

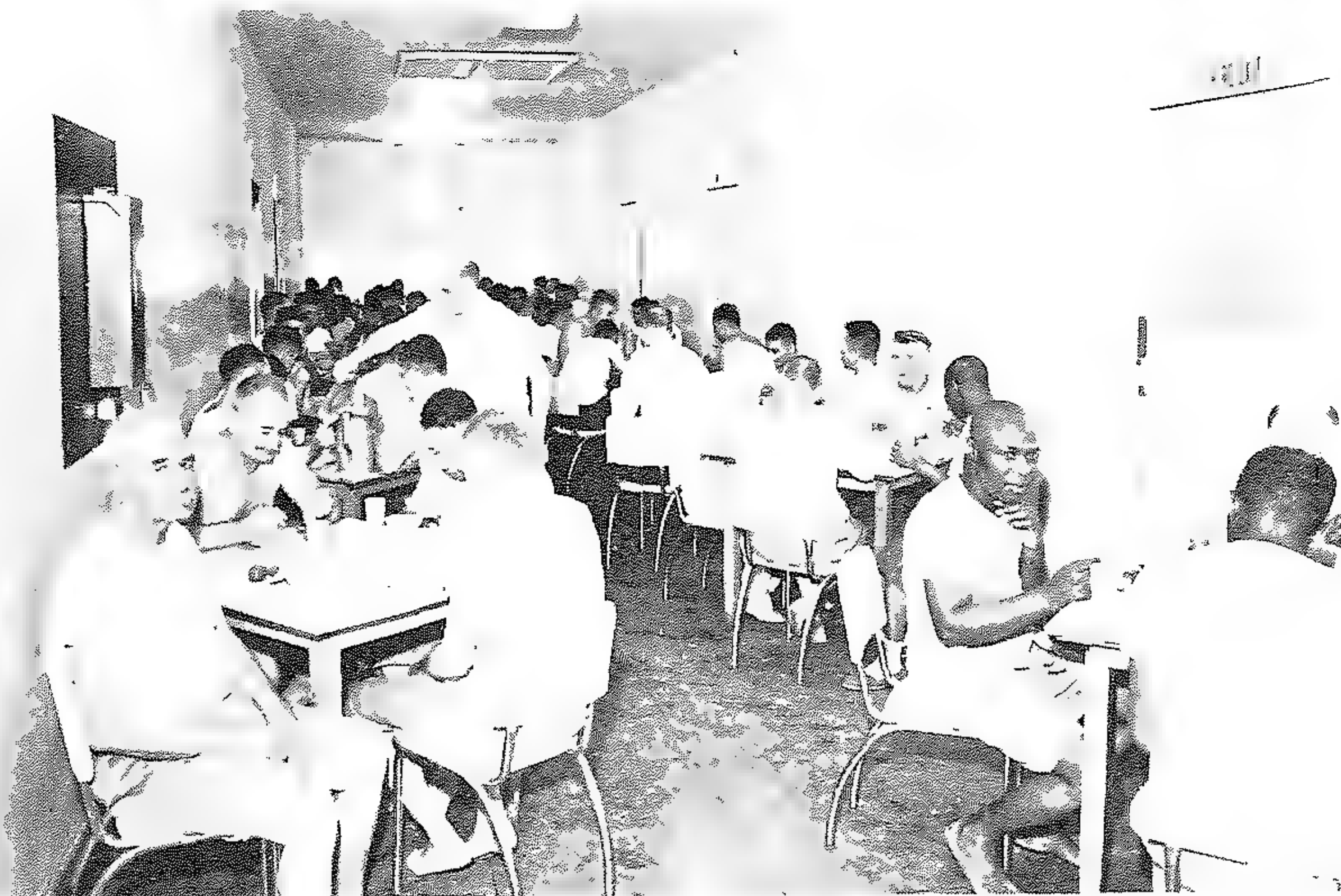


Early in October of 1955 the Hospital employed Mrs. Louise Edwards as a Therapeutic Dietitian. Her sole responsibility was "special diets." She was employed for about three and one-half months as a part time employee. Mr. Hazeltine was in charge of the feeding operation for this time. In February 1956 Mr. Hazeltine left the hospital. At that time Mrs. Edwards became the Chief Dietitian.

About six months after Mrs. Edwards became the Chief Dietitian, permission was granted for a second accredited Dietitian to be added to the Dietary personnel. This second Dietitian was employed as a therapeutic Dietitian. It was her responsibility to twice daily visit each ward kitchen and consult with the Charge woman about the menu, kitchen supplies, cleaning supplies, and paid personnel as well as patient personnel.

The second American Dietetic Association Dietitian had been on our payroll approximately six months when a third Dietitian was added. This girl did two days a week relief for each Dietitian already on the payroll. This gave us one 8-hour day a week in which we were able to add supervision where heretofore it had been entirely unavailable. It was approximately six months after our third Dietitian was employed when Dietary was granted the privilege of adding the fourth trained girl. This fourth unit of trained personnel was used to give Dietary supervision coverage of about twelve hours a day. This meant a Dietitian would be on duty at all critical times (meal services) as well as giving us holiday coverage which we had never enjoyed before.

In 1934 the meals at the Hospital cost 18c per day out of the total patient cost of 62c per day. By 1957 the food cost was 15c per meal or about 45c per day. The food cost rise for the following year, 1958, was about one cent per meal making a cost figure of 16c per meal. Again,



Patients' Dining Room circa 1958.

the following year, 1959, food climbed about one cent per meal bringing the meal cost to almost 17c. The following two years, up to 1961, food costs by the Government index rose again and again. However, the per meal cost at the Hospital remained about the same, \$.168. This meant the daily raw food cost of feeding any one patient was about 51 cents per day out of a total per day cost of \$5.11. It should be kept in mind at all times that the Hospital has for some years been a recipient of Government surplus commodities. While these are rather unglamorous products such as flour, rice, corn meal, dried milk, etc., and even though our full needs of these are not met completely by these surplus commodities, still each food contribution does help lower food costs.

Early in 1958 outlying functions were connected to the main Dietary Office by an "Amplicall" system. This same year a large donut machine was installed for the purpose of being able to add even more variety to the diet. Also, a new pot and pan washing machine and a new large model dishwashing machine were installed in the Main Cafeteria Building. In addition a number of new fly control fans were installed hoping to eliminate the fly problems in the main cafeteria.

At about this same time in the history of the Hospital, the dishwashing area of the Geriatrics building was revised and a garbage disposal unit added. At this same time a hot or steam serving table was added in this area in order that piping hot food might be served at each meal. Along with the Geriatric renovation the entire patient service line and cleanup facilities in the main cafeteria were revamped to improve appearance and work flow. It was at this same time or following very closely upon its heels that the F building was remodeled and the Dietary Department came out boasting a Ward Area kitchen most modern with an almost completely stainless steel interior.



Patients' Dining Room today.



The following year, 1958-1959, new work schedules were set up in the Dietary Department as the result of a rather careful time study. The purpose of this particular analysis was to enable the kitchen to offer more catering service without the addition of more personnel.

An extensive dishwashing compound experiment was done as an important project in order that we might evaluate the worth of such products in a scientific fashion. Dietary set up a complete well controlled experiment.

This was also the year that an equipment manual was compiled and distributed for use in all kitchen areas. These manuals contained information on each piece of Dietary equipment, telling how to clean each item, what products to use and the frequency of cleaning.

In 1961 the milk processing plant for the Hospital was closed with the sale of the State Farm. Mr. Orr has indicated that to his knowledge there had always been a milk operation in connection with the State Hospital. He recalled that from the early 1900's until about March 1936 all of the milking was done by hand. But sometime about 1936 a milking machine was purchased. Mr. Orr recalls that when he first came to the hospital some 34 years ago, the milk was consumed raw. While the dates were not quite clear to Mr. Orr he related that milk pasteurizing did start at the Hospital probably sometime in the thirty's. It was not until early in the 1950's that a homogenizer was purchased and used at the Hospital. With the passing of the milk handling, new arrangements had to be worked out considering both sanitation regulations and storage facilities.



Coffee Shop circa 1958.

Many possibilities were considered. The most practical solution considering all the problems connected with milk handling was to put into use the somewhat common six gallon, plastic lined, disposable carton. This, we are now using throughout the Hospital.

At all times a fair amount of effort from the Dietary Department goes into assisting the Purchasing Department to arrive at approved food products lists. This involves sampling hundreds of food items in order to assure that we are buying the best foods for a particular use with both quality and economy in mind.

In recent years emphasis has been placed on Dietary holiday recognition. This is accomplished through menu planning, tray favors and area decorations.

Perhaps the greatest Dietary highlight in 1961 was the opening of our new Coffee Shop which gives both our patients and paid personnel an opportunity to enjoy a cheerful, modern, refrigerated structure where they may purchase light meals, sweets and sundries, as well as socialize with one another. Many new items were added to the "old regular stock." With the opening of the Coffee Shop several new units of personnel were added to its payroll. The Coffee Shop was started with the intention that it be a growing and expanding operation.

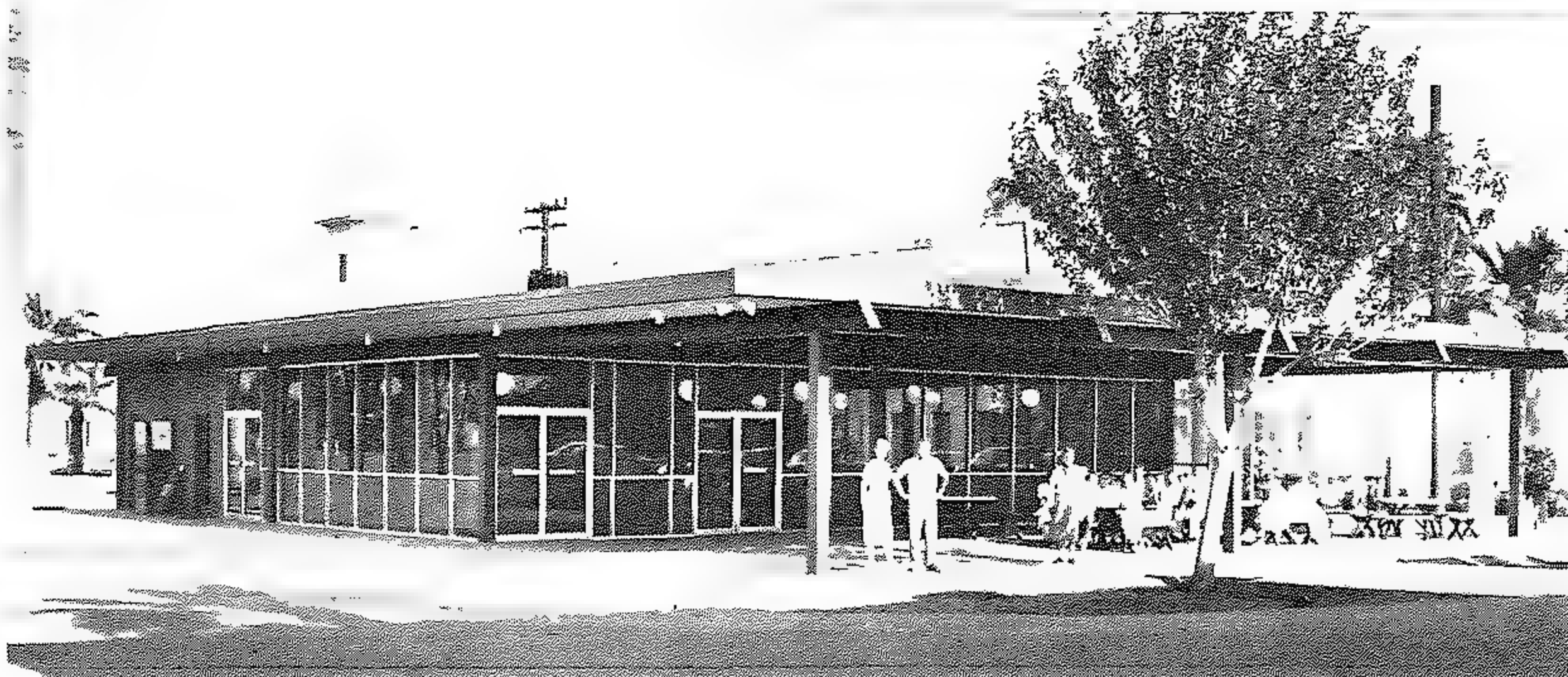
All four professional staff members are members of the American Dietetic Association. Mrs. Edwards is President of the State Dietetic Association.

## ENGINEERING

Phillip R. Brown

The maintaining and improving of the Hospital's Buildings, equipment, furnishings and grounds to allow for the patients' comfort, safety and modern treatment methods is the function of a skilled team of the 52 employees of the Engineering Services Department.

The seventy-five years' history of progress of our Hospital being recognized by this publication is well represented by our senior building,



Coffee Shop 1961



built in 1886, yet in use and soon to be razed for replacing with a modern multifunction structure. When new, this lone, now centrally located three-story ward building contained the complete facilities for the care and treatment of the Territory's mentally ill. Surrounding land, now occupied by the Hospital complex, was farmed.

Most of us can appreciate the differences of early-day buildings compared to today's buildings. Perhaps few of us are fully aware of the great and rapid changes of the past twenty years required by the giant strides of progress from almost a pure custodial care of patients to nearly complete treatment function of our Hospital today. Our intensive building program of the past ten years and our projected program for the next five years will have seen every building on the grounds created new or thoroughly rebuilt since 1952. Keeping ahead of the increased needs for facilities is a big job in itself, particularly in a growth area such as ours.

Our goal of providing a well maintained physical plant is supplemented with Industrial Therapy assigned patient helpers. Early newspaper accounts credit the Hospital's patients with participating in the construction of buildings. The extent to which patients may have participated in the maintenance of the buildings and grounds is conjecture, however, it is the writer's guess that some assisted.

The scope and diversification of the Engineering Department is well



The Central Heating and Air Conditioning portion of the Power Plant. 1960

shown by its personnel having twenty-four job descriptions. The inherent complexities of a hospital operation can not be met by tinkers or the handy man, but require the skills of journeymen mechanics. We pride ourselves in being self-sufficient in most of our maintenance needs. From the turn of the century to 1954 maintenance operations were carried out from the power plant. Then, a 12,000 square foot building properly arranged and equipped for shops, offices and supplies was provided.

Our power plant with its equipment for centrally supplying utilities, heating and air conditioning, operates "round-the-clock," every day and its service interruptions are so infrequent as to cause it to be almost un-noticed, except by its operating engineers. More than one and one-half miles of utility service tunnels branch from the Power Plant to serve major buildings with hot, cold and soft water, steam, air conditioning, electricity, telephones, heat, compressed air and the paging system.

In 1953 in conjunction with the needs of three major buildings under construction, the first of what are now two 600-ton capacity units was installed as the start of our central air conditioning system. These units are driven by steam turbines. Chilled water is circulated to air handling units in remote buildings. The same pumps, piping and heated water serve the same outlying areas during the winter. This modern and efficient system well illustrates the progress made generally in the Hospital during the last few years. The writer recalls that fifteen years ago due to the lack of operating funds the power plant was completely shut down at night and no operator left on duty, during some of the winter. Today we operate air conditioning and refrigeration equipment totaling more than 1600 tons capacity, and boilers totaling 50,000 pounds per hour capacity.

The difference in the needs of operation and maintenance for our



Hospital Safety Committee. circa 1956.

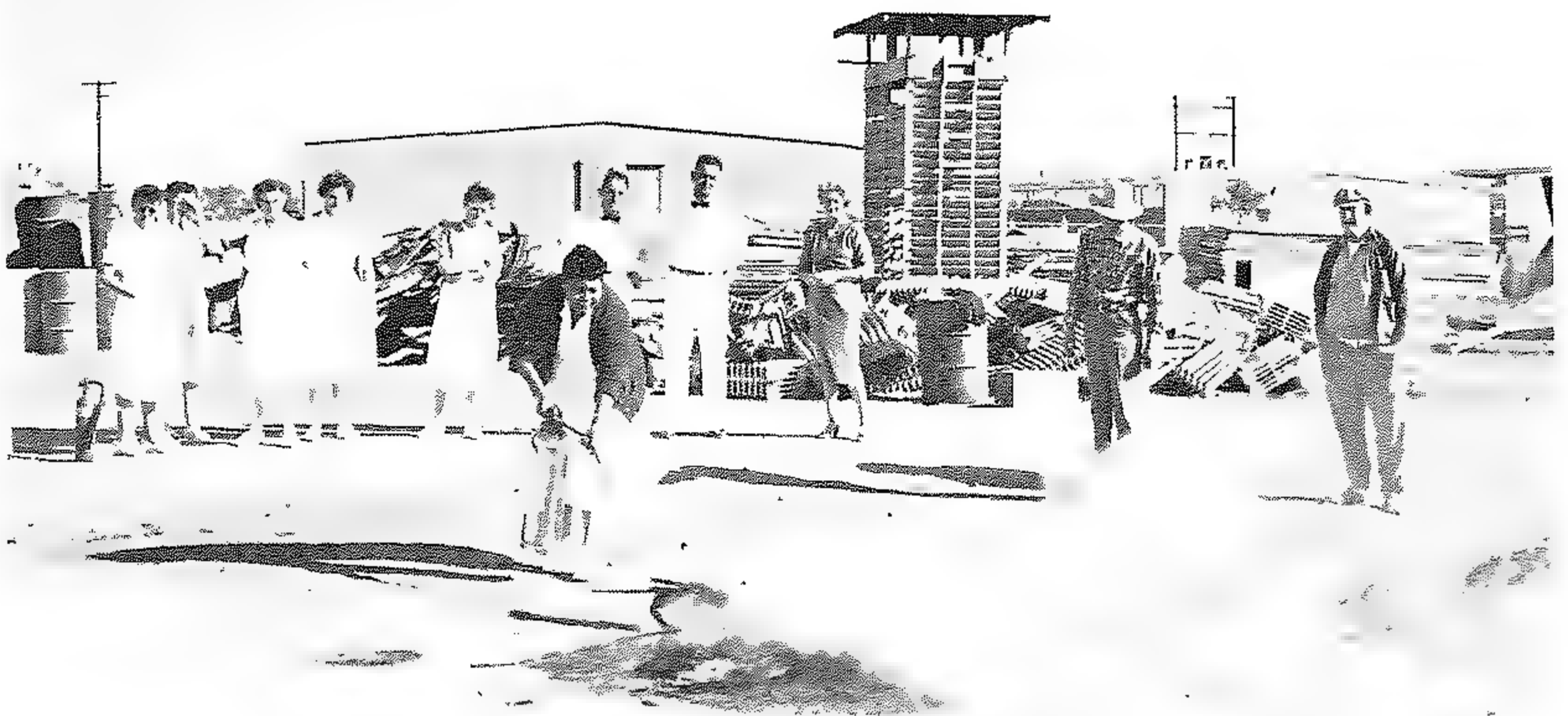


plant in the last ten years is as great as the outward appearance of early buildings. Most of our early buildings were stucco coated and had no exterior paint until about 1940. They presented a lifeless, prison-like appearance. Our concern for economical maintenance in the face of inflation, with the fact that a hospital must be aesthetically acceptable to be productive, has influenced us to use extensively face brick, natural concrete, glass, aluminum, ceramic tile and porcelain enameled metal paneling for building exteriors. Exterior paint maintenance is almost nil.

Preventive maintenance — the principle and preferred business practice of inspection and correction, prior to failure and resulting forced (emergency) attention requiring more energies and costs — is of prime concern to the Engineering Services Department.

The Hospital's buildings represent hundreds of thousands of square feet of floor space and thousands of doors, locks, lighting and plumbing fixtures, furnishings, mobile equipment and other components too numerous to mention. Maintenance operations are concerned from property line to property line and from underground facilities to roof tops.

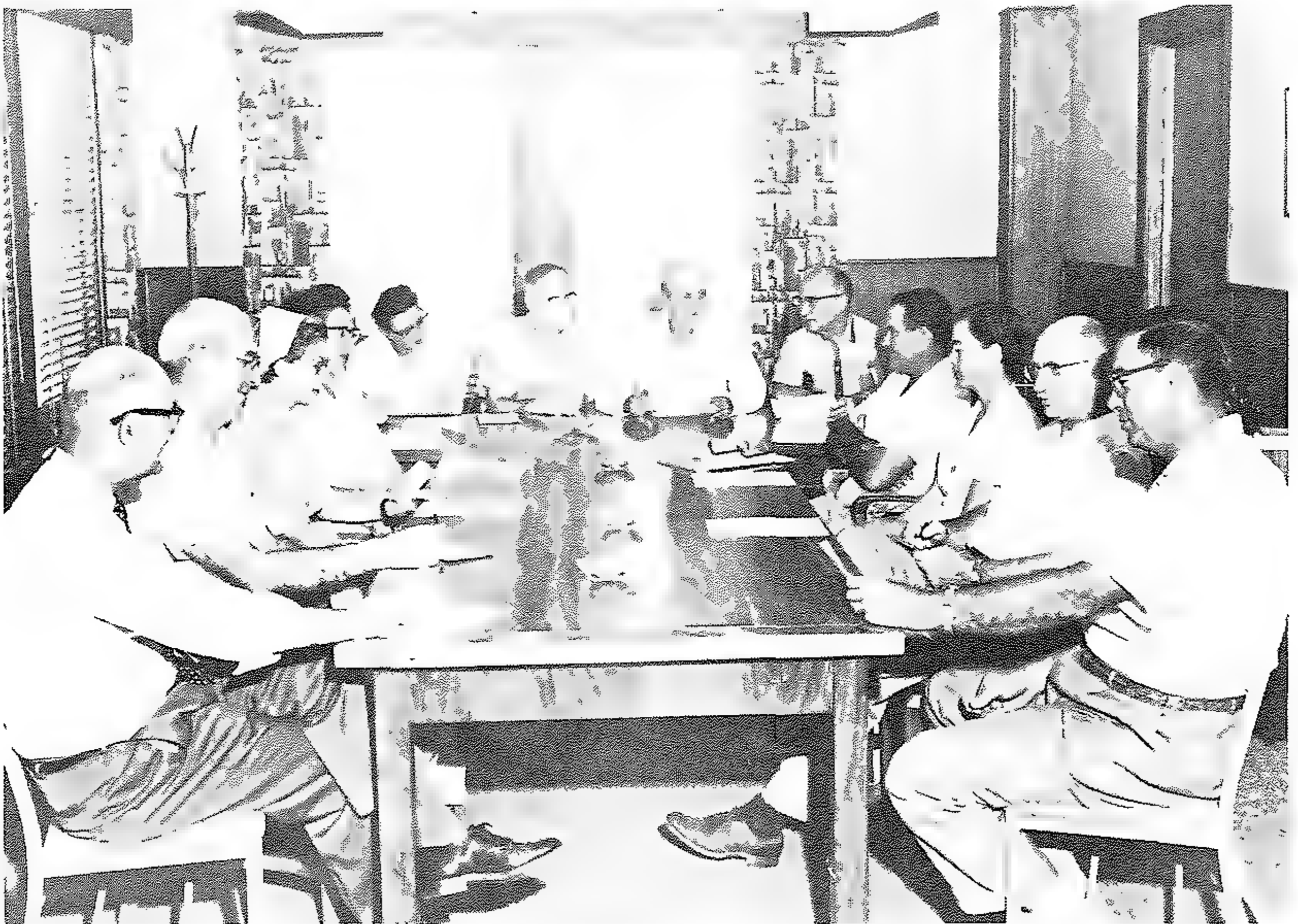
Safety and fire prevention receive priority considerations. Both are frequently related to physical conditions. They are major responsibilities of the Engineering Department, among whose members is the Hospital's Fire Marshal. All members of the department comprise the Hospital's fire brigade. It is mandatory that all Hospital employees receive fire safety training which includes lectures, films, demonstrations and the experience of using extinguishers to put out demonstration fires. Fire drills are conducted frequently for all areas of the Hospital. Several of our buildings are equipped with fire sprinkler systems and our mains supplying city water form a loop through our property to assure an adequate water supply should a major fire emergency occur. We are fortunate that a



A Fire Safety Class circa 1958.

City of Phoenix fire station is located at a corner of our property. Fire loss experience has been excellent for many years. We have a safety committee and an active safety program. Also, we have Hospital Disaster Relief plans correlated with our Fire Manual.

Fresh, well-kept grounds are important to complement our buildings and present a friendly atmosphere for the patients' community, employees and the public. This is a year 'round challenge. To 1957 only two areas were planted with winter lawns. Twenty-five areas will be planted this year. About 110 acres of our grounds are landscaped and irrigated by a tiled system. The plant has almost four miles of roadways, most of which is surfaced and lighted.



Disaster Relief Planning Committee circa 1956.

## GENERAL SERVICES

Pearl Rogers

Twenty years ago there was a Mrs. Gardner, Housekeeper, whose duties were: to maintain the Administrative building, the first floor of which included the Record Room, Social Service, the offices of the Superintendent, the Business Manager, and a Bookkeeper. In the basement of this building, there were stored personal belongings of the patients. The second floor was the residence of the Superintendent.

The mornings were taken up with the duties of maintaining the Administration Building and the hallways and baths of Cottage XX-4 which



was a residence area for employees. The afternoons were used in going to town and making purchases for the patients with their own money.

The Housekeeper's duties varied from today's duties. There were living quarters for the doctors in the D Building and in Cottages XX-3 and 4. There were living quarters for personnel in the C Building for single women. Married couples lived in Cottage XX-4, and in the basement of D Building. Over the Cafeteria were rooms for single men. The Adobe was for married couples also. These latter living quarters were maintained by those living in them.

In these 20 years, there have been three Housekeepers that preceded me: Mrs. Gardner, a Mrs. Alexander, and Mrs. Grace Penrod. I became Housekeeper in 1943. Dr. Seth Howes was Superintendent. We began the redecorating of the living quarters of the doctors. We also began weekly cleaning of all living quarters. By this time, we had to have two Assistant Housekeepers. This work was accomplished with patient help.

During the wartime, we built five residences for the doctors, including one for the Superintendent. Living quarters have been added to accommodate the need. We now have 20 residences. The Housekeeping Section is responsible for the maintenance of these areas, and today, four Assistant Housekeepers care for 20 residences. Also, an Assistant House-



Housekeeping Activities Sep. 1955.

keeper is assigned to each of 9 wards where they work with the aid of patient help provided by Industrial Therapy.

This section is also responsible for the issuing and storing of blankets and furniture. Housekeeping has the privilege of teaching standard housekeeping classes to other departments. It participates in experiments as required by the Purchasing Standard Committee. We have a night service which consists of twelve Assistant Housekeepers supervised by a Housekeeper. The Housekeeping Section has a total of three Housekeepers and 30 Assistant Housekeepers.

### The Mattress Section

The Mattress Shop is occupying a building a portion of which was the old slaughter house.

The mattresses used by the patients were at one time filled with "moss," while wards H-1 and H-2 used cotton filled mattresses. The Mattress Shop was supervised by an attendant with patients assigned who did the actual work. In 1952, we hired an experienced mattress maker.

Prior to his employment, the remakes of mattresses were about 6,000 per year. This meant picking up the mattresses and remaking, sterilizing and returning them that same day.

After several experiments, we are now producing mattresses of uni-



Old mattress shop. Incorporated in the New General Service Building, completed 1962.



form size, filled with rubberized curled hair, then covered with ACA or Fabrilite Vinyl Plastic. We are fabricating Hollywood Beds. The remakes of mattresses now have been reduced to approximately 200 annually. Currently we are experimenting with a plastic sponge type of material, "Curon Core," as a filler.

The Mattress Shop has taken on additional services, replacement of bed pillows (Dacron filled) and the re-upholstering of plastic covered furniture.

### The Laundry Section

At first, the laundry occupied a portion of the Power House building and had four employees. The linen was marked for the various wards and departments. The patients' linen and clothing were changed once a week.

The rough dry clothing was processed through the laundry and dried on clotheslines in the sunshine. There were times when the small mangle could not process the required amount of linen, therefore, sheets sometimes were placed on the clothesline for drying.

The machinery in the laundry was obsolete. The majority of finished clothing was done by hand iron. As the Hospital grew in population, there was the need for enlarging the laundry, therefore, in 1951, a building and new equipment was acquired: a shirt unit, 6-roll mangle, four sets of garment presses, and three automatic washers.

Today, we have a Laundry Manager and 24 laundry employees with patients to help, the patients being assigned through Industrial Therapy.

As the need required, our service is now: linen service placed in the ward areas, a three day service on clothing. There is a mending section with sewing machines and a hot patch machine.

We have two delivery trucks. One of these is used for the linen service, and the other for the pickup of soiled laundry and delivery of clothing.

### The Sewing Room

The Sewing Room manufactures clothing and linen as required. All of the cutting was once done by hand, and as the need for power machines became evident, these were added, including a power cutter.

Today, we have a Sewing Room Supervisor and four Seamstresses with patients assigned to help. Most of the items made for patient use, requested by the Purchasing Department, are made in large quantities. During the past year these included 3,648 dresses, 4,104 gowns, 2,004 sheets and 5,682 hand towels.

These four sections in General Services are supervised by an Executive Housekeeper.

Mrs. Rogers is a member of the National Executive Housekeepers Association and was President of the Valley of the Sun Chapter for 2 years.

## LABORATORY

C. T. Collins, B.S., M.A., M.T.

In the early days the Clinical Laboratory, X-ray and Surgery were housed in the hospital wing of what is now known as C Building, part of which has now been demolished to make way for new construction.

In the early days of the century, blood counts, urinalyses and some bacteriological examinations were performed by physicians. Laboratory Technicians, as such, were not employed in the Hospital until the late 1930's and during the next 10 years the Technician doubled in the Laboratory and X-ray. At times the Hospital lacked a Technician, especially during the war years.

In 1938 the Hospital Building was built, consisting of Male and Female wards separated by X-ray, Laboratory, Pharmacy and Surgery. The Laboratory was situated immediately adjacent to the Pharmacy (the entire space now occupied by Pharmacy). At that time the Laboratory Technician acquired some Blood Typing Serum and typed enough patients so that he was assured of an adequate supply of typing serum in the future. Prior to the establishment of the Southwest Blood Bank in Phoenix in 1943 it was necessary to use patients as donors for the few transfusions that were administered.

In the early 1930's Hemoglobins were measured in an instrument requiring a candle for illumination. Blood chemistries were performed in a Duboscq colorimeter whereby the Technician compared shades of color of the unknown blood solution with a standard solution and calculated the value of the unknown (the writer recalls it was very difficult to compare, as in the case of blood sugar, if the unknown somehow came out greenish and the standard blue). Basal Metabolisms were performed on an instrument having a metal bell which rose and fell in a chamber of water according to the breathing of the patient and the oxygen consumption traced on paper. (This was later replaced by a waterless machine and now has been replaced by a blood test for iodine as a measure of thyroid activity.)

In the early 1940's the Laboratory was fairly well equipped for that time. A Photo-electric colorimeter had been acquired, also a binocular microscope, small wooden incubator, a used centrifuge, a small serological water bath and small electric oven. An ancient analytical balance made possible preparation of solutions and stains. To quote the Technician at that time. "As far as new equipment was concerned there wasn't any. I had a hard time getting glassware. Purchases had to go through channels and got lost at the Capitol." When a licensed Pharmacist was employed in 1941, "I ordered through him as they then made arrangements for direct purchases."

It is interesting to note in the Annual Report of the Hospital for 1942-43 the statement, "One great need of the Hospital, other than the need of personnel, is for a suitable morgue as pointed out in last year's report. The lack of a morgue makes impossible the performance of autopsies without which no institution deserves the name of a hospital." It is



also noted in the Annual Report for 1943-44, "Unfortunately the Hospital still does not have a suitable morgue."

In 1947 a separate building was erected just west of the Hospital Building to house the Laboratory and Morgue, finally establishing facilities making it possible to perform autopsies.

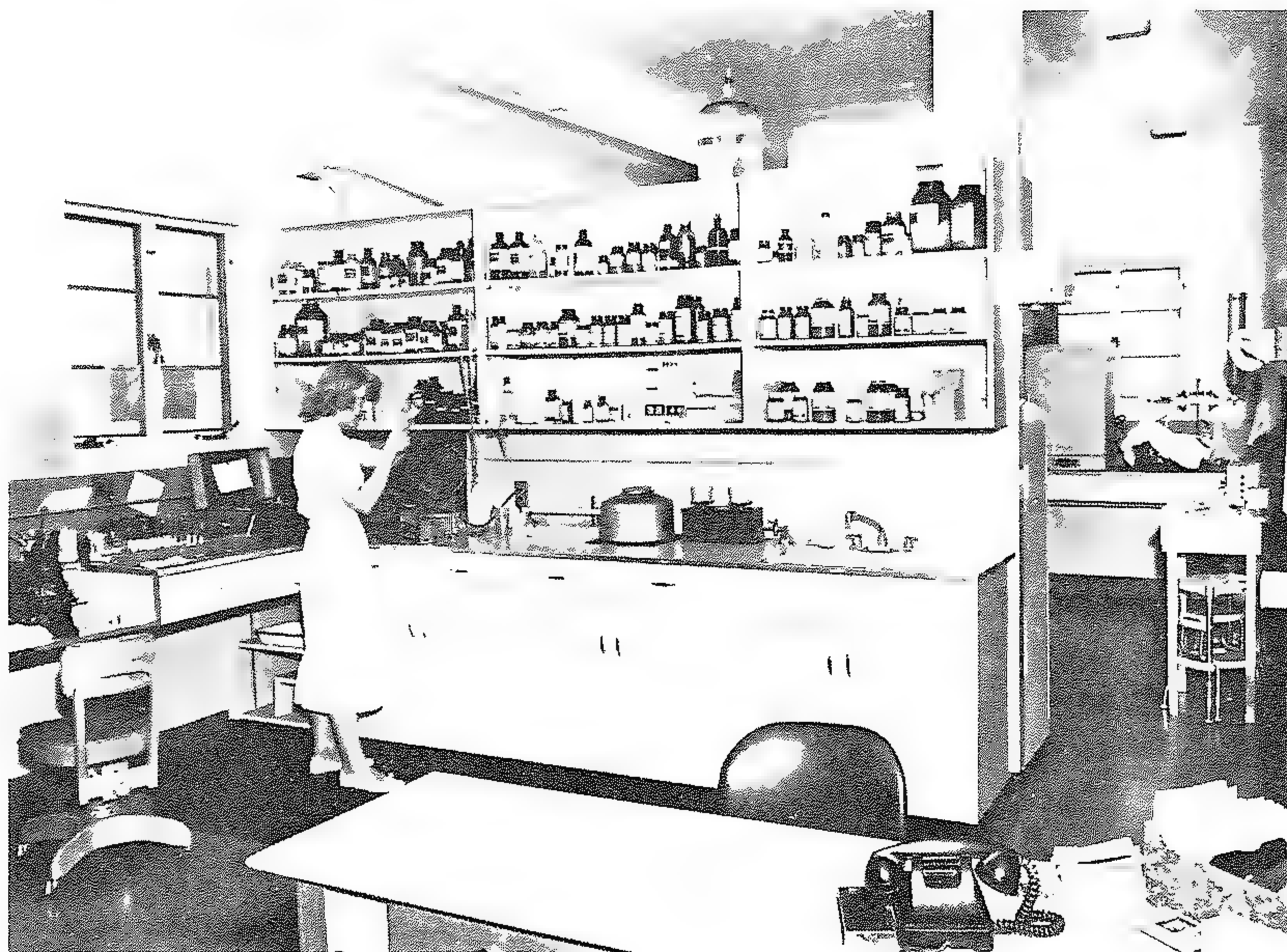
According to the Annual Report of 1946-47 not only Blood Serologies were performed on patients on admission but also spinal fluid examinations, there having been that year 594 Blood and 560 Spinal Fluid Wassermans. There were 250 Wassermans on employees.

The Annual Report for 1949-50 is more comprehensive than previous reports. There were 48 Blood Typings, 65 Cross-matches; and Papanicolaou smears for early detection of cancer came into use, there being 161 examined that year. In late 1950 and early 1951 the Hospital had a Staff Pathologist for a brief stay of six months. During that time he made many examinations of tissues in paraffin sections cut on a sliding microtome, as well as the Papanicolaou smears.

In 1952 due to the increased work load of the Laboratory a second Laboratory Technician was employed.

Guinea pigs were used for several years for inoculation for the study of tuberculosis. However, it became increasingly difficult to care for them at the Hospital farm and they were finally replaced by other chemical tests.

Through the 1950's and early 60's more and more equipment was



Laboratory 1959-1960.

acquired by the Laboratory. The home type pressure cooker was replaced by a regular hospital autoclave. Also acquired were two large metal incubators, new centrifuges including one for micro-hematocrits, a large adequate dry oven, CO<sub>2</sub> apparatus, a pH meter, a new Photo-electric colorimeter, another binocular microscope and new serological water baths.

The Clinical Laboratory was remodeled in 1960, the long table down the length of the large room being replaced by a permanent partition with sinks, gas and electric outlets, and adequate shelving and cabinets facilitating departmentalization. Now the urinalysis, hematology and blood banking are compactly situated on one side of the partition and the blood and spinal fluid chemistries and bacteriology sections on the other. One end is reserved for research and standardizing new procedures.

For the past five years there have been consulting Pathologists on call for autopsies, bone marrow studies, biopsies and Papanicolaou smears, and making rapid diagnosis of cancer during an operation by means of the frozen section technique, made possible by the addition of an accessory to the microtome.

## MEDICAL RECORDS

Philipine Castellana

The Medical Records Department originally was a one-girl office. This one person did everything required, from making up charts on every admission, typing admission papers, entering progress notes and filing, to closing out the record after the patient was discharged. The office now consists of two Clerk Typists, who also file, an Admission Clerk-Typist, three Stenographers and an Assistant Medical Records Librarian. For some time, the Record Room occupied the room which is now the Chaplain's Office. It was moved to its present location (Administration Building basement) in April, 1954.

In March 1957, a new system was instituted to simplify and increase the accuracy of the preparation of the many forms prepared on each new admission. This has eliminated an estimated one and a half hours of clerical time on each patient's record. With this new system, complete records are initiated by 10:00 a.m. of the day following admission. In the past, it frequently required at least three days for all of this information to reach all departments. Patients' names, Hospital numbers and admission dates are correct.

Two master cards are prepared on each new admission—one for the permanent file and one for the statistical file. Both of these cards are marginally punched for fast key sorting from which necessary data is obtained. This eliminates the necessity of keeping separate miscellaneous files regarding Religion, Diagnosis, Race of patient, Age groups, etc.

More complete and accurate information is furnished more rapidly to all activities, contributing to better patient care.

Information is scarce on patients admitted in the early days, as some of



the old records will show. Now we strive for a more complete medical record giving as much information as can be obtained.

In 1954 we began microfilming records of discharged and expired patients. Every year, since 1954, we have microfilmed one year's records so that in the Record Room now, there are only records of the past four years (in addition to 1962). This saves much needed space since the rate of discharges has increased in the past five years.

Medical records are the property of the Hospital and are maintained for the benefit of the patient, staff physicians and the Hospital. It is the responsibility of the Hospital to safeguard information in the record against loss, tampering or use by unauthorized persons. For this reason, it is not permissible for personnel to keep records out of the Record Room longer than necessary, and only personnel working with patients are permitted to view the records.

A card file is maintained on every patient who has ever been in the Hospital. These cards are kept in a fireproof area. This area also contains the microfilmed records and commitment papers of active and conditionally discharged patients.

## NURSING

Mary Pittman, R.N.

Historically, the movement for humane treatment of the mentally ill, was started in the United States in 1887—the opening year of Arizona's Hospital for this same purpose.

In the attempt to put into writing the history of nursing, there are many interesting, sad, and humorous informative incidences.

In all probability, some information gleaned from between the lines, and some acquired from hearsay and experience, the kind of nursing and people involved in nursing (institutional) were no different than in other places. The period of "taking and keeping" mentally ill people was general thruout. This was in accord with the shame, persecution, and lack of understanding of all people. Patients were described as "violent" (some still use this today), "fanatics," "mean," etc.

From what we can find, the patients at Arizona State Hospital had good custodial care in relationship to the problems that confronted a new or beginning public responsibility.

Patients were confined, restrained, secluded, routinized, and with this, if we were to look at pictures, there was a sense of "caring" for them. Dressed, in chairs, scrubbed, no individuality, and quiet—by some matter of means.

"Matrons" then were the "Directors of Nursing" of today. Here, there seemed to be a definite division of male and female wards. This existed until 1952 when, under Dr. Wick, all wards were placed under the supervision and guidance of the Director of Nursing.

Straight jackets, restraining sheets, metal and leather cuffs, ankle restraints have all been part of the picture. Some patients were restrained to benches, rings attached to the floors, and beds. Mattresses were of straw, kapok, and moss. Most patients did have pillows on their beds.



Ward Dormitory August 1955.



Gradually, therapies were introduced that helped control patients behavior without some of the aforementioned methods and this then led to an improved nursing program. With additional personnel, buildings, and equipment the nursing care has progressed in kind.



Patients' night living area 1961.



A Ward Day Room circa 1957.

In 1953 the first educational program for employees was started. At the onset, all employees, all departments were requested to attend. Minimal as it was, it was a "start." It was geared to patient care and respect for the individual, and the same for the employees. In 1959 a pre-employment training started. There is a nominal payment for this period of time and an assured position with the Nursing Department. This program teaches patient care, understanding and acceptance of behavior and an exposure to the entire Hospital. We feel that this worker then comes to care for patients with some "tools" for his job.

With the acceptance that mentally and emotionally ill patients are "people," in the attempt to return those who are ill to society, we attempt to use, develop, and maintain the patient's ability to care for himself and maintain as nearly as possible, reasonable likeness to living in the Hospital as compared to living at home.

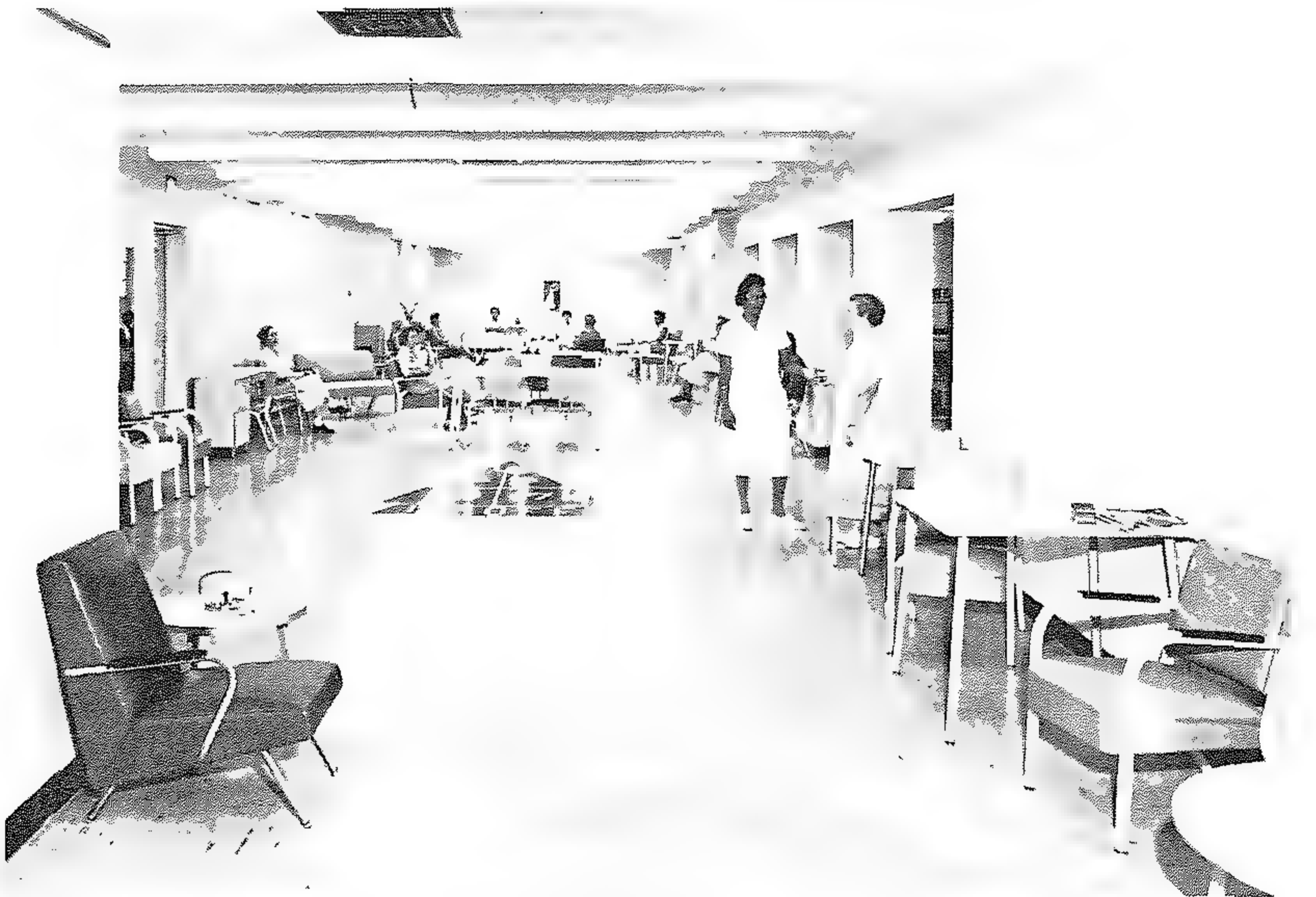
Women workers care for male patients and women patients retain contact with male patients and employees in supervised activities.

From mechanical restraints to the reality of a large number of patients going on week end and/or daily visits is a most satisfying "growth" to those who work daily with patients.

The Nursing Division employs 385 persons, of which 31 are registered nurses.

Mrs. Pittman is a member of the American Nurses Association, National League of Nursing and is treasurer of the Arizona State Nurses Association.

Miss Joyce Bain is a member of the National League of Nursing and Treasurer of the Arizona League of Nursing.



Ward Day Room 1960.



## NURSING EDUCATION

Margaret Haggerty R.N.

During Dr. James R. Moore's Superintendency (1933-37) an arrangement was made with St. Joseph's Hospital to provide a six-week period of service at our Hospital for the top ten student nurses of the senior class. They received informal instructions from the medical staff. The program was terminated because of the lack of preparedness of both parties.

Papers indicate that attempts were made to establish a student nurse affiliation program at Arizona State Hospital as early as December, 1943. Correspondence at this time was between the Hospital, The American Psychiatric Association, the Division of Nurse Education of the United States Public Health Service, Washington, D.C., and the Arizona State Board of Examiners. Nothing concrete materialized at this time. Another attempt was made in 1947 and again in 1950 without success.

In 1953, the consideration of an affiliate program was again initiated. A course outline was approved and adopted on June 14, 1954. The first class of student nurses, from Good Samaritan Hospital, Phoenix, began their affiliation on September 13, 1954. Students from Good Samaritan Hospital are still affiliating here on a course of study approved by the Arizona State Board of Nurse Registration and Nursing Education and the National League of Nursing Accreditation.



*The first class of graduates in Psychiatric Aide Training. Spring of 1953.*

Memorial Hospital, Phoenix, sent its first class of students here in April, 1955 and continued to send students until its school was discontinued in 1956.

Student Nurses from St. Joseph's Hospital School of Nursing, Phoenix, began their psychiatric affiliation in June, 1957. This affiliation was discontinued in August, 1960.

Phoenix College, Phoenix; Arizona State University, Tempe; and University of Arizona, Tucson student nurses, accompanied by Instructors from their respective school faculties, began their affiliation in the 1960 school year. The consideration and cooperation of all Instructors with the Hospital make it possible for all student to receive the educational experience needed.

In-Service classes for Psychiatric Aides and personnel from other departments were begun in March, 1953, and continued through August, 1961. A similar, though somewhat revised, In-Service program is to be initiated sometime during the early autumn of 1962.

To provide a period of education before employment on a contract basis, a class for Psychiatric Aide Trainees was started in April, 1959. At the present time, this group of pre-trained employees supplies most of the needs of Nursing Service. Four classes a year vary in number according to the anticipated needs of Nursing Service.

The Nursing Education Department, including the Medical Library,



The first Psychiatric Aide Trainee class (seated).



was located in the area that comprised the second floor of C Building, until July 6, 1961 when it moved to the new Education-Personnel building. This new building provides for more adequate Library facilities as well as sufficient class rooms, offices and conference rooms.

Mrs. Haggerty is a member of the American Nurses Association, the League of Nursing, and the E.A.C.T. Section of District No. 1 of the Arizona State Nurses Association.

## PERSONNEL

H. F. Townsend

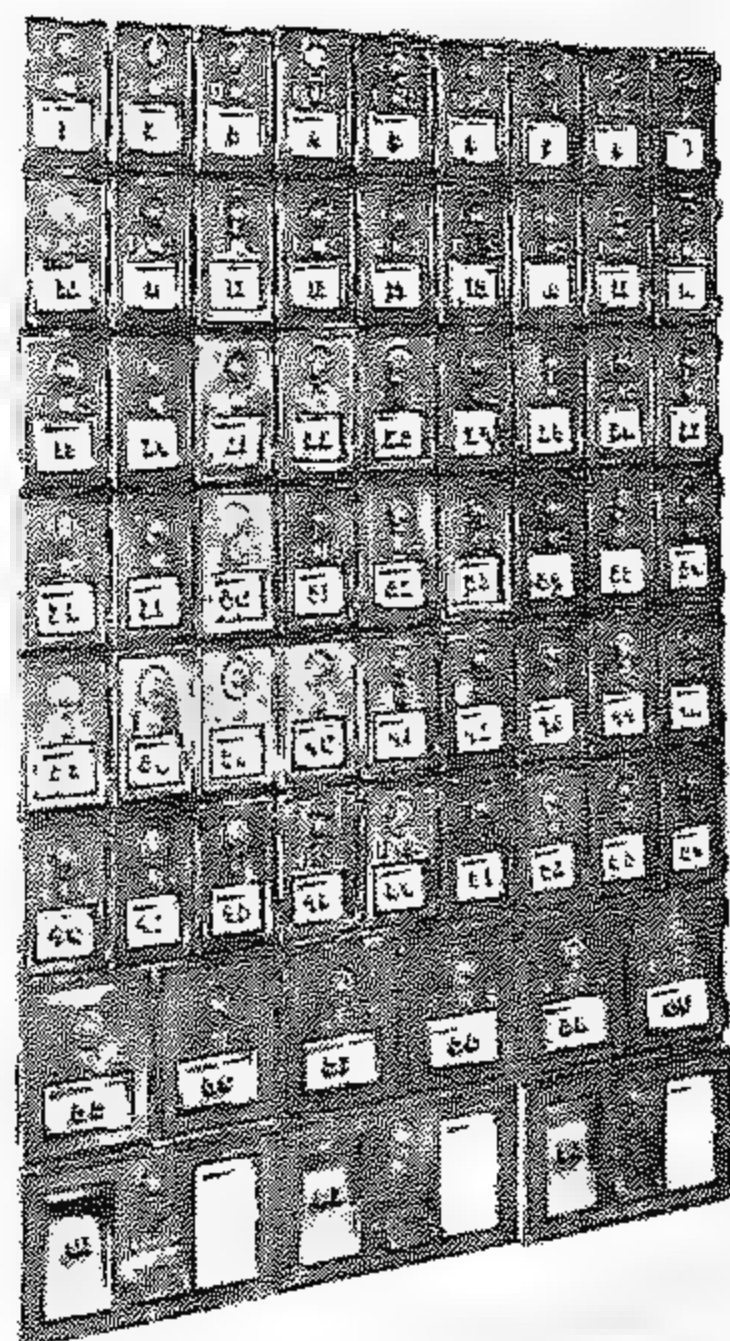
During June of 1955 the writer of this article was appointed the Hospital Personnel Director. Prior to the filling of this position the employee personnel work had been performed by the Superintendent and the Business Manager.

With the appointment of a Personnel Director a clerical force was assembled and the Personnel Division became one of the four administrative divisions of the Hospital. Offices were established in Cottage XX-4, a building which has since been demolished and was located 200 feet North of the present Administrative building.

During the latter part of 1955 the division started the writing of Job Descriptions of all Hospital employee positions. Following several revisions the complete volume was published early in the year 1961.



MAIL ROOM



Circa 1958

Also in 1955 the division started the assembling and systematic filing of available personnel records of all employees and ex-employees. The resulting records were so voluminous that in 1959 personnel records of about 6300 former employees were microfilmed and placed in a permanent file.

During 1956 the Personnel Division assembled copies of all paper forms used throughout the Hospital. This compilation of information was used to establish a Forms Control system for the Hospital, enabling the Superintendent to more efficiently control the administration of the Hospital and increase the effectiveness of the employees.

September 1, 1959 marked a milestone in the betterment of employee working conditions. Upon this date all employees were placed on a 40 hour work week. Prior to this, various classes of employees had 40, 42, 44 and 48 hour work weeks, while there are some indications that in the past some classes of employees had worked more than 48 hours per week.

During 1956 and 1957 the Hospital installed an automatic telephone exchange, which eliminated the need for one telephone operator. This operator was used to establish the Hospital Mail Room, whose operation was assigned to the Personnel Division.

With the increased use of drugs and more modern treatment of mental diseases the period patients stayed in the Hospital was greatly reduced. This resulted in a great increase in the amount of mail handled by the Hospital. Prior to the establishment of a Hospital Mail Room the mail was handled by the telephone operators. The Hospital had one delivery and pick-up per day. The telephone operators would give the postman the outgoing mail, segregate the incoming mail and telephone the wards or other parties, notifying them they had mail at the telephone exchange.

When the operation of the automatic switchboard was started a



The mail room 1961.



separate mail room was established in a closet in the basement of the Administration building. With the aid of Patient Helpers mail was delivered to various Hospital activities; and all postal facilities, with the exception of Money Orders and Postal Deposits, became available upon the grounds to patients and employees.

To assist the Universities, Colleges and other schools throughout the State, to instruct students in human behavior, the Hospital offers Clinics and Tours. The Personnel Division coordinates these activities. Last year over 1500 students visited the Hospital for this type of instruction.

On June 5, 1954, the Superintendent formed a Coordinating Committee to assist him in improving the Hospital, especially in the field of patient care. Work areas were divided and each area elects a member of this committee. Working with the Superintendent these elected employees offer suggestions and discuss problems which affect the entire Hospital operation. From this committee the Employees' Association was developed.

The first committee consisted of Harry Dunham (replaced by Leonard Baldrige), Merrill Moore, Mary Nugent, Jack Richards, George Penrod, Arthur Tuskes and Dr. D. M. Bramwell. Mary Nugent was the first chairman, followed through the years by Merrill Moore, Bob Allen, Ernest McGraw, Frances Matthews, Elias Schlossberg and Bernard Rakowski.

On June 22, 1961, the Personnel Offices and the Mail Room were moved into their present locations in the Education-Personnel building. These facilities were carefully planned to enable the Personnel Division to fulfill its assigned mission with a minimum of workers. Due to these facilities a Mail Clerk, (Mrs. Emma Ames), Clerk-Typist, (Mrs. Betty Looper), Employment Manager, (Mr. Doyle Dunn), Personnel Director and some Patient Helpers are easily able to perform the personnel work of 670 employees who care for 1757 patients (as of June 19, 1962).

Mr. Townsend is a member of the Hospital Personnel Association, the Phoenix Personnel Management Association, Kiwanis, and the State and County Mental Health Association.



The first Hospital Coordinating Committee.

## PHARMACY

Eli Schlossberg

Our Diamond Anniversary finds us in the midst of a "revolution" in psychiatric treatment. New drugs have been introduced that are capable of altering emotional states and behavior. Tranquilizers to calm the agitated and energizers to enliven the depressed have produced a new surge of hope for the mentally ill.

In 1890, when Dr. Luther C. Toney became Superintendent and Resident Physician of the Arizona Territorial Insane Asylum, he asked an Army associate to join him as Pharmacist and Attendant. Thus, our first record of pharmacy service is the employment of George Wilcox, who had been a hospital steward in the Army with Dr. Toney. Medical supplies that year cost \$389.30.

The 1934 Annual Report stated that "the Pharmacy occupies one room (north side of C-5) in which is kept our supplies of stock drugs and chemicals. Insofar as possible, we make up our own prescriptions and stock mixtures as we have found this to be more economical than the use of the newer pharmaceuticals put out by large houses."

Mrs. Estella Stewart, now Charge Aide of Ward C-5, recalling some of her experiences here during 1933, said that there was "little medical treatment for the patients when they became disturbed . . . only means we had of controlling or quieting them was to put them in a straight jacket or the leather belt and cuffs and restrain them to a bench, or putting them in a seclusion room. The only medicine we had to quiet them was a real dark brown bitter medicine which we only knew as a Sedative, which was mixed in the drug room by one of the doctors. Sometimes a doctor would order Apomorphine if a patient became very disturbed and combative. This would cause her to become very nauseated and sometimes become quiet."

By 1937 Alpha Richardson (then an Attendant) recalls that the Matron, an R.N., issued all the drugs to the wards from the drug room in the C Building. Attendants made frequent trips to get the few drugs then in use, the most popular ones being: Phenobarbital, Hyoscine and Paraldehyde. That year the cost of drugs was \$4,095.34 out of a total budget of \$273,056.71.

In the 1940 report covering the years 1938-1940, Dr. Louis J. Saxe, Superintendent, proudly stated: "By the introduction of newer methods of treatment, especially Insulin and Metrazol, more patients were released from the hospital during this period than any other corresponding period."

On August 1, 1941 the first licensed Pharmacist, Eli Schlossberg, was employed by the Superintendent, Dr. Otto Bendheim. Gradually, the drug room, which was then located in the Hospital Building, was converted into a Pharmacy. I was provided living quarters on the premises and the Hospital received 24-hour pharmacy service.

The 1943 Annual Report of Dr. Seth Howes states: "The hospital



is fortunate in having a well-equipped Pharmacy under the capable supervision of a competent pharmacist, Mr. Elias Schlossberg, and it has functioned at a high level of efficiency throughout the year. The pharmacist has not only made available to the physicians at all times needed pharmaceutical preparations, biologicals, etc., but has been most helpful in the economical purchasing of drugs, instruments and medical supplies." Elsewhere, Dr. Howes wrote, "through his efficient handling of this department, our drug bill last year was over \$2,000 less than the previous year, in spite of the increase in the number of patients cared for."

Collateral duties during the Forties included buying supplies and equipment for the Clinical Laboratory, X-ray and Surgery, taking X-rays in the absence of a Technician, and making minor repairs or arranging for major repairs of Hospital equipment.

Manufacturing has been from the beginning an important facet of the Pharmacy operation. In 1943 I manufactured crude Penicillin, using a supply of the mold *Penicillium Notatum* obtained from the University of Arizona. I prepared gauze squares in a special medium in Petri dishes, and after inoculating them with the mold, heated the batch in our baker's oven. After suitable growth, these dressings were used to treat certain skin infections.

The Pharmacy and Therapeutics Committee was organized on No-



The Pharmacy and Therapeutics Committee.

vember 28, 1952, and the first Formulary published in 1953 with revisions every two or three years.

Teaching assignments included lectures to Student Nurses, Aides and Registered Nurses.

The Hospital has provided opportunities to attend Institutes on Hospital Pharmacy. I have attended six since 1947.

The first prescription filled was dated 8-8-41 for Hydrochloric Acid and Elixir Lactated Pepsin written by Dr. Schuster. There was little prescription activity until the introduction of psychotherapeutic drugs with the first purchase of Thorazine from Smith, Kline and French on April 22, 1955. During the fiscal year 1961-62, there were 7,938 prescriptions filled. The cost of drugs that year was \$93,210.50.

The Pharmacy Staff grew from one licensed Pharmacist to an additional non-licensed assistant in 1944 and a second such assistant in 1960.

Space for the department expanded from the small room in 1941 (now the office and compounding room) to include in 1947 what once was the Laboratory, and in 1960 to include the old Minor Surgery.

Mr. Schlossberg is a charter member of the American Society of Hospital Pharmacists, founder and several times President of the Arizona Society of Hospital Pharmacists and a member of the American Pharmaceutical Association, the Arizona Pharmaceutical Association and the Federation Internationale Pharmaceutique.

## PHYSICAL THERAPY

Robert Wilson, R.P.T.

From Board of Control reports we see the start of the Hydro-Therapy department. The following is given in the report of June 30, 1914:

"Hydro-Therapy. During the portion of the year since the installation of the hydro-therapeutic appliance, this department has been in daily use. The application of water in the treatment of disease is almost as old as the practice of medicine, but its use in a rational way in the treatment of the insane is of comparatively recent date. \*\*\*\*\* It has almost supplanted the use of sedative drugs as a means of quieting noisy patients, and of mechanical restraint as a method of controlling violent ones. Especially is it applicable to acute cases, many of whom by this means are brought to recovery in a short time."

Tubs had been installed in what was then the Hospital Building, now the "C" Building. The sedative tub was one of the most successful means of quieting a disturbed patient and bring about sleep and relaxation. Ice immersion baths faded out of use and cold packs and sedative tubs became the Hospital mainstays. Cold packs were a popular treatment because they could be used anywhere about the Hospital without having to transport the patient out of his immediate area. The sedative tubs gained the advantage over the packs because it eliminated many physical damages such as cardiac failure, respiratory failure, heat prostration, claustrophobia. Controlled water and body temperature eliminated the disadvantage of packs and afforded better patient control.



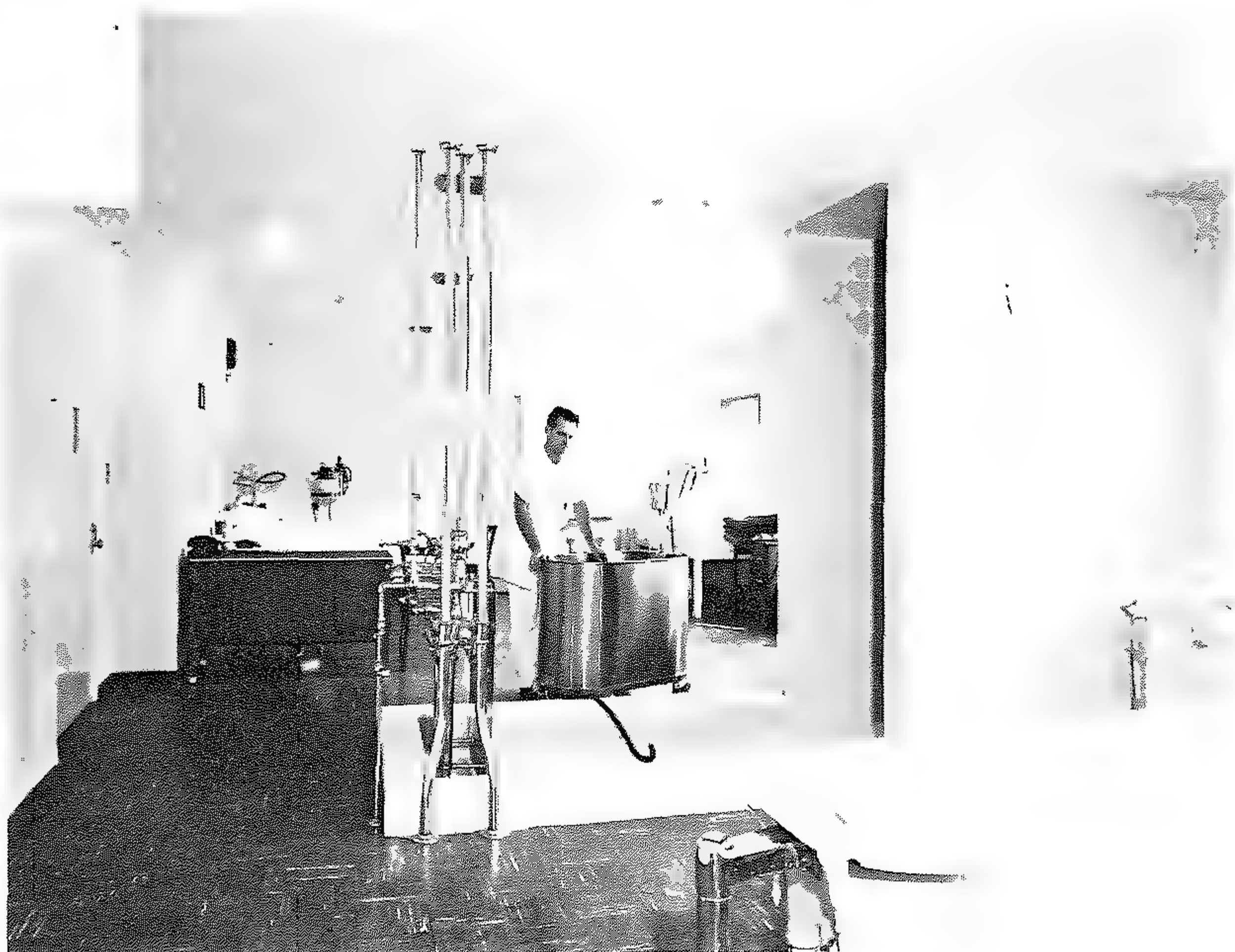
During the 1930's the use of Ultraviolet and Infrared gained favor as a means of treating muscle soreness and dermal infection. The equipment required for this method of treatment was shared between Hydrotherapy and Minor Surgery.

Nearing the end of the '30's, the demand for more Hydro Tubs appears in the Superintendent's report. But not until the early 1940's were the Hospital's demands met. In 1943 the hospital furnished two Hydro Departments, Male and Female. The departments were equipped with Sedative Tubs, Needle Sprays, Scotch Douche, Infrared, Ultraviolet, Diathermy and Galvanic machines. This was the beginning of the Physical Therapy Department.

The department progressed and more equipment was installed on the "B" Building. During the 1950's the department witnessed many changes and advances. The cold pack had all but disappeared. The use of Sedative Tubs has changed and they are now mainly used for physical treatment.

From 1955 to date, the department has expanded its services to all wards by the use of portable equipment, whirlpool, Ultrasonic, Infrared, Ultraviolet, Microtherm, and exercising equipment.

Treatment records in 1933 indicate, according to the Superintendent's Report, that a total of 1400 treatments were given. These consisted of Cold Packs, Sedative Tubs, Massage and Infrared. The total treatments for 1959 were 24,114. This is a monthly average of 2,008 treatments. In



Hydro and Physio Therapy. Sept. 1955.

1933 the department offered five treatment types. In 1959 the report shows 24 types.

The Physical Therapy Department today plays a new role. It is no longer only a place where patients may be quieted and rest. It is now a therapeutic department which serves as the basis of physical rehabilitation for the physically handicapped where they can gain reuse of arm and limb, be trained to walk, to become mobile on their own, where pain from many crippling afflictions can be corrected and the patient move on to Occupational Therapy, Recreational Therapy and finally Industrial Therapy and then returned to the community physically able to live a normal life.

## PSYCHOLOGY

Paul Brewer, Ph.D.

Psychology at the State Hospital, similar to other places, began with the administration of Intelligence Tests, initially by persons who were not identified with professional psychology. Thus we saw Social Workers and others give "I.Q. Tests" in the early 40's. The first Psychologist who was essentially a mental tester was hired in 1940 and slowly I. Q. testing branched into Personality Testing. Some Psychologists subsequently ventured into individual psychotherapy. It was not until 1958 that the Department of Psychology with a fully qualified Psychologist was established. The main tasks that remained were psychodynamic testing, individual psychotherapy, and teaching in the various Hospital programs.



Group Therapy circa 1961.



In 1959 a Group Therapy program was initiated and graduate students in psychology began coming for regular practicum experience for at least one semester. Subsequently a regular student training program was started. Eventually regular University classes in psychopathology were conducted on the Hospital grounds. In 1961 the first Psychologist began an assignment as a Ward Administrator on the Continued Treatment Service and initiated a co-ordinated rehabilitation program. At the present time the Psychology Department performs functions in psychodiagnosis, individual group therapy, research, administration and teaching—the expected programs in a state hospital.

Dr. Brewer is Secretary-Treasurer of the Arizona Psychological Association, a Board Member of the United Cerebral Palsy Association of Arizona, a Fellow of the American Association for the Advancement of Science, a member of the American Psychological Association, National Vocational Guidance Association and the National Society for Group Therapy. Clinical Associate on the faculty of Arizona State University.

Mr. Robert De Von Flint is a member of the American Psychological Association and the Arizona Psychological Association.

Mr. Roger Larson is a member of the Arizona Psychological Association.

## PURCHASING

Willis K. Dick

Prior to 1938, the Purchasing function was performed by a State Institutional Purchasing Agent whose office was in the State Capitol Building. In 1939, Purchasing at the Hospital was assumed by Mr. Harry Witmer who was appointed Business Manager as a result of a legislative act creating a Board of Control and subsequently establishing the position of



State Hospital Purchasing Department with representatives of the American Society circa 1959



A Purchasing Standards Committee circa 1959



Hospital Central Storeroom circa 1960.



Business Manager. In 1946, Mr. Al Greff assumed the position of Assistant Purchasing Manager, with the responsibility of Purchasing. It should be pointed out, however, that the legal Purchasing Agent, by legislative act, is the Business Manager. Purchasing remained a direct responsibility of the Assistant Purchasing Manager until 1960 when a newly created position of Purchasing Manager was activated, directly responsible to the Business Manager.

At that time, the Supplies Department and the Purchasing Department were combined. Offices were constructed in the Storeroom area in the early part of 1960 and the Purchasing Department moved from the Business Office to the Warehouse.

A central Purchasing Department was conceived and advanced by the present Business Manager, Mr. R. A. Clelland. Particularly during the last four years progress has been made, not only in Central Purchasing, but in the field of Materials Management.

Mr. Charlse J. Raymond is a member of the National Association of Hospital Purchasing Agents, the Local Chapter of Professional Development Committee and the Arizona Chapter of National Association of Purchasing Agents.

Mr. Jack Richards is a member of the National Association of Hospital Purchasing Agents; Vice President, Chapter 3, Arizona Public Employees' Association and National Director, Arizona Chapter, of Hospital Purchasing Agents.

Mr. Theodore Clarke is a member of the National Association of Hospital Purchasing Agents.

## REHABILITATION SERVICES

Marjorie E. Hill, O.T.R.

Working in the Hospital to assist the employees in all types of duties more than likely accounted for the largest share of directed patient activity for many years. While physicians encouraged the patients to work, the placements were determined largely by the need for help in different areas of the Hospital and the willingness of patients to help.

From Social Service records in 1941 there are references to arrangements for regular movies, weekly dances with music from WPA orchestras and daily musical activities directed by WPA musicians, with the patients presenting musical shows once a month. Social Workers also made contacts for donations of leather, wood, paint and other materials that were apparently distributed to the wards for craftwork probably supervised by ward personnel. Most likely these and similar contacts for the beginnings of Recreational and Occupational Therapy had been going on for several years.

Sometime during the '40's, members of the Phoenix Garden Club came twice a week to assist patients in planting flowers and shrubs on the grounds. They could have been the first group of volunteers coming to the hospital to work directly with the patients, but this is not known as a fact.

In 1942, the Hospital hired a Registered Occupational Therapist (Zenaide Hall) to direct the activity program. There is evidence that she worked closely with all other Hospital staff members in their efforts to

provide worthwhile Hospital activity for the patients. While this first Occupational Therapist was with the Hospital only two years, there have been people employed continuously since this time in the activity program. Part-time students from the Arizona State College in Tempe assisted the Activity Director (Marion Roels) from 1945 until 1950 when a full-time assistant was added to the program (Margaret Flemming).

During these five years, they started with a workshop in the first floor of C Building and later moved to the Penthouse of C. Craft activities with women patients making useful, decorative objects for the doctor's homes and mimeographing Hospital material were the major projects in their shop. Other craft and game activities were gradually taken to many of the wards. A girl's softball team played other teams in the valley and groups of patients were taken to Goldwaters' Ranch to swim. A volleyball net and basketball goals were located in back of the present laundry. Roller skating, movies, dances and variety programs were held in the auditorium. A girl scout troop was organized.

No specific budgets were appropriated for equipment or supplies. The Hospital provided some sports equipment and some material for objects made for Hospital use, but the activity workers obtained most of their supplies by soliciting donations. From 1950 until 1952, there continued to be two full-time people employed in the program, although there was turnover in the particular individuals. In 1951, the Red Cross Gray Lady Service was formed at the Hospital, with volunteers spending a day or an evening every week, visiting patients, taking them for walks and gradually doing more varied activities. This weekly service has been continuous, with the Gray Ladies having the greatest number of volunteer hours that are given to the hospital every year.

Early in 1950, when the Neuro-Surgical Unit was an area of the Hospital building, a full-time employee (Lelah Adler) was asked to provide Occupational Therapy for this group. Supervision was given from the Neuro-Surgical staff and this employee was not part of the central Activity Department. The Receiving ward and Insulin Treatment ward were also in the Hospital building. These patients gradually joined the post-surgical group for Occupational Therapy. Since no Hospital funds were appropriated for expendable materials, a Gray Lady (Agnes Erickson) obtained a \$25.00 donation from her church. With this money craft materials were purchased and the finished projects were sold to establish a revolving fund for operational expenses.

In 1952 when there was only one employee in the central Activity Department (Paula Pettit), the emphasis turned toward recreation with large groups and the Penthouse Workshop on C Building was abandoned. The present activity field was cleared for use with a field house constructed for office space and equipment storage. At this point in the history of the Rehabilitation Services Department, Recreational and Occupational Therapy became separate departments. The Occupational Therapy unit that had been set up for post-surgery patients was the nucleus that has developed to the present Occupational Therapy Department. It moved to the Pent-



house when Recreation moved to its newly acquired field. The previous central Activity program became the Recreational Therapy Department. A Registered Occupational Therapist (Mary Ann Weatherill) joined the Occupational Therapy Department in 1953 providing two full-time people in that area. A second person was also hired in Recreational Therapy that year.

With the construction of the Intensive Treatment Building in 1954, two large, attractive units for Occupational Therapy were provided, one for men and one for women. The expanded facilities included equipment for many types of activity not available before and the staff was increased to five. The Hospital was appropriating funds for expendable supplies thereby making it possible to discontinue the sale of items and permitting patients to keep the projects they made.

Until 1954, all Industrial Therapy assignments were handled directly by referral from the ward physician. The Director of Occupational Therapy was asked to organize an Industrial Therapy program, with the selection of work tasks to meet the needs of the patients, having the assignments prescribed by the physician, and maintaining contact with the industrial areas to follow the patient's progress. It was soon apparent that developing a truly therapeutic application of industry at the Hospital could not be a part-time endeavor. In December of 1954, an Industrial Therapist with a professional background in psychology (Arlene Babcock) was hired. Since vocational testing and counseling would be part of Industrial Therapy, the program became part of Psychology Services. The following year, a secretary was added to this department allowing the Industrial Therapist time



Occupational Therapy, April 29, 1962.

to promote more varied working situations for the patients and greater opportunity to emphasize to Hospital employees their responsibility in helping the patient to be productive through the Industrial assignment.

From 1953 to 1955, the Recreational Therapy program was growing with many Hospital-wide activities as well as scheduled periods of directed activity for each ward. Arrangements for all church services on the grounds were made through this department until 1959 when a Chaplain was employed by the Hospital. Many different service organizations and women's clubs were coming to volunteer under the direction of Recreational Therapy. With five staff members in 1955, the field house was too small for the departmental needs and a group of rooms over the main cafeteria was given to Recreational Therapy for office space and a Recreation Lounge. This was its headquarters until 1960 when the Rehabilitation Center was built onto the East Unit of Occupational Therapy in the K Building. The two units of Occupational Therapy were combined in the new Center and the former Occupational Therapy unit on the west end of K Building became a large attractive lounge for Recreational Therapy. For the first time this department had an indoor physical plant adequate for organized activity with a music area, gym room, kitchen, supply room, office and large game area. With Arizona weather being the joy that it is, the field activities continue to be a vital part of recreation but activity on the wards is still essential for many patients.



Industrial Therapy circa 1959.



Volunteers from sixteen different organizations in the Valley come regularly to the Hospital to share common interests with the patients participating in the programs of the Chaplain, Nursing Service and Rehabilitation Service. In 1961, 305 volunteers gave 15,541 hours in direct service. Many other groups volunteer by giving useful items, sending gifts at Christmas and arranging for guest entertainment. These contacts with representatives from the community are a vital part of the hospital program.

In the Rehabilitation Center, a new area for the Patients' Library was included. Gray Ladies had started the book collection and provided part-time library service for a number of years prior to having this new facility.

The offices of Industrial Therapy were moved into the Rehabilitation Center and a second Industrial Therapist added to its staff in 1961. In January of 1955 when this department was newly organized, there were 546 patients prescribed to full or part-time Industrial Therapy with 67 prescriptions written during the month (61 new and 6 reassigned). At that time the Hospital census was 1,663. In January of 1962, with a Hospital census of 1,709, there were 1,239 patients active in some phase of Industrial Therapy, with 500 placements made during the month, (199 new and 301 reassigned).

Since June of 1954, the Division of Vocational Rehabilitation has worked closely with the Hospital in developing and carrying out rehabilitation plans for the patients. The present counselor gives half-time service and an office for him is located in the Rehabilitation Center. The



Recreational Therapy July 16, 1956.

Arizona State Employment Service has also been represented at the Hospital since 1956, coming weekly to assist the patient in finding suitable work when he is approved for discharge.

When a Director of Rehabilitation Service was appointed in 1961, the departments of Industrial Therapy, Occupational Therapy, Recreational Therapy and the Volunteer Program were brought into one service division to integrate their programs of rehabilitation and coordinate their efforts with the other hospital services. The present staff consists of: Recreational Therapy 8, Industrial Therapy 3, Occupational Therapy 13.

Mrs. Shirley McEntee has been Secretary of the Institution Section of the Arizona Recreation Association. Mr. Earl Neeman and Miss Claressia Hall are members of this Association. Mr. George Knedlik is a member of the American Psychological Association, the Arizona Psychological Association and the American Personnel and Guidance Association. Mrs. Betty Snow is a member of the American Nurses' Association and the Arizona State Nurses' Association. Mrs. Muriel Lee and Mrs. Marjorie E. Hill are members of the American Occupational Therapy Association and the Arizona Occupational Therapy Association. Mrs. Lee has been Treasurer of the Arizona Occupational Therapy Association and Mrs. Hill has held the offices of President, Vice President and Delegate for the Arizona Occupational Therapy Association.

## RELIGIOUS ACTIVITIES

Paul Strickland

The early records of the Hospital do not show whether regular religious activities were made available to the patients or not. In fact, the religious affiliation of only 16 of the first 61 patients was recorded on their admission to the Hospital in 1887. However, by 1900, the religious affiliation, or preference, of each patient was recorded along with other social history information, though the specific Protestant denomination was not recorded until recent years.



Religious Services, April 19, 1962.



Occasionally, the admitting diagnosis was called a "Religious Mania." Therefore, religion was considered an area of disturbance to these patients. On even more frequent occasions, under the column for "Remarks," reference was made to simply, "Religion," again as if to suggest this was an area disturbing patients.

In 1959, this meaningful comment was noted in the Annual Report of the Hospital by the Recreational Therapy Department, who contacted volunteer clergymen: "Religious activities continue to have a value in people's lives, whether in or out of the hospital."

Perhaps patients themselves may have provided religious services when other arrangements were not made. A record was kept of the occupation of each person on his admission to the hospital, and none was listed as having been a Clergyman until after 1900 (though it is recognized that clergymen of that day often worked at other jobs as well).

It is known that regular religious activities were provided by 1937, which were arranged at that time by the Social Service Department. One of these Social Workers (still employed by the Hospital) recalls this as her function for several years around 1939.

This responsibility was shifted to the Occupational Therapy Department by 1944 and then to the Recreational Therapy Department when it was formed in 1952 until a full-time Chaplain was employed in 1959. It became his responsibility to "coordinate religious activities at the Hospital and to minister to the spiritual needs of the patients." Volunteer Clergy-



The Hospital Cemetery circa 1954.

men continue to conduct Catholic, Jewish and L.D.S. (Mormon) services since the affiliation of the patients was as follows in 1959: 54% Protestant, 31% Catholic, 1% Jewish and 4% L.D.S.

When arrangements were not completed for a funeral in the Hospital Cemetery, an interested patient preached at the service of non-Catholic patients. He was given the nickname of "Preacher," and now assists in another capacity in the burial of those patients who do not have funds for private burial, since the Chaplain now conducts the funeral services.

A fire in the Administration Building in 1935 destroyed some of the early Hospital records. Some of these contained information about the Hospital Cemetery affecting 1,112 graves. Much of this information is still available from the patients' individual records. Complete information is available in a Cemetery Log Book regarding all burials since 1929, or an additional 1,170 graves. The present cemetery provides space for 3,700 graves, or 1,418 more burials. This will be more than adequate for at least 50 years at the present rate of burials in the Hospital Cemetery, especially since more patients qualify for Social Security benefits for private burial.

Chaplain Strickland is Co-Chairman of the Protestant Faith Group for the Association of Mental Hospital Chaplains.

## SOCIAL SERVICE

Adeline Rosenberg

The Social Service Department is assumed to have had its origin with the employment of the first Social Worker, Miss Lydia E. Riffle, on July 1, 1935. Prior to this time Social Service work was performed by the doctors. Nationally, the importance of social work in the field of psychiatric treatment was being recognized around 1900, but actually gained momentum during World War I from 1914 to 1918.

The designated services of the first Social Worker at the Arizona State Hospital were in three areas; namely, compiling data from different sources for the personal and family histories of patients; representing the outside interests of patients during their hospitalization; completing arrangements for the discharge of patients, including the establishing of residence of non-resident patients for their return to their respective states of residence. However, before the Social Worker could realize what was happening, she found herself overwhelmed with assignments from other departments, which services they felt did not correspond to their assignments. These consisted of: the handling of personal property left behind by discharged, deceased and patients on unauthorized absence; securing and returning of movie films from outside sources for the recreation of patients; the scheduling of appointments for patients with outside consultants, including transporting them to and from these consultants; taking patients to their places of employment, bus and train depots, and other places.

The services of the Department apparently varied very little from 1937 to 1942 except that it acquired other responsibilities. The purchase of raw



materials for use in the men's Occupational Therapy Department and the supervision of the latter department; the arrangement for music for the Hospital dances, other musical entertainment and the arrangement for religious services on Sunday were now assigned to Social Service. In addition, the Social Service Department cooperated with the Gray Ladies Organization of the American Red Cross to supply enough reading material and radios for hospitalized patients. The Department also maintained contact by mail with the relatives of patients on conditional discharge.

For about three months prior to October 1942 the services of the Department were being performed by one Social Worker. In October 1942 a new position was created entitled Psychiatric Historian. The responsibilities of the latter were: interviewing new patients for information as to sources from which their personal and family history might be secured; typing all letters of inquiry going out, compiling all the data secured and the typing of histories. From October 1942 to July 1943 the Psychiatric Historian submitted 236 psychiatric histories and referred information regarding residence, personal needs or problems of patients, etc. to the Social Worker for processing. In addition, the Psychiatric Historian performed psychometric tests occasionally in order that the physicians might have information as to the intellectual levels of the patients in important cases, particularly when it was necessary to establish criminal responsibility.

Beginning in October 1944 the Psychiatric Historian continued submitting histories but began carrying out some of the services assigned to a Social Worker. One of the services that the Psychiatric Historian began performing as a Social Worker was making home visits in preparation for the discharge of patients and assisting patients in their readjustment in the community. In December 1953 the Department began to emphasize the beginning of discharge plans at the time of the patient's admission to the Hospital.

July 1, 1955 — June 30, 1956

In May, 1955, Mr. Philip L. Gordon was appointed Director of the Social Service Department. During that year the Social Service Department consisted of four Social Workers, including the Director.

Functions of the Department were clarified, and written procedures were introduced.

Provisions were made to provide individual interviewing offices for the Social Workers.

July 1, 1956—June 30, 1957

A greater effort was made to contact families of patients who had been in the Hospital for many years.

Contacts were initiated with Community Agencies in order to obtain

the services and resources of these Agencies to assist our patients in making the transition from the Hospital to the Community.

July 1, 1957—June 30, 1958

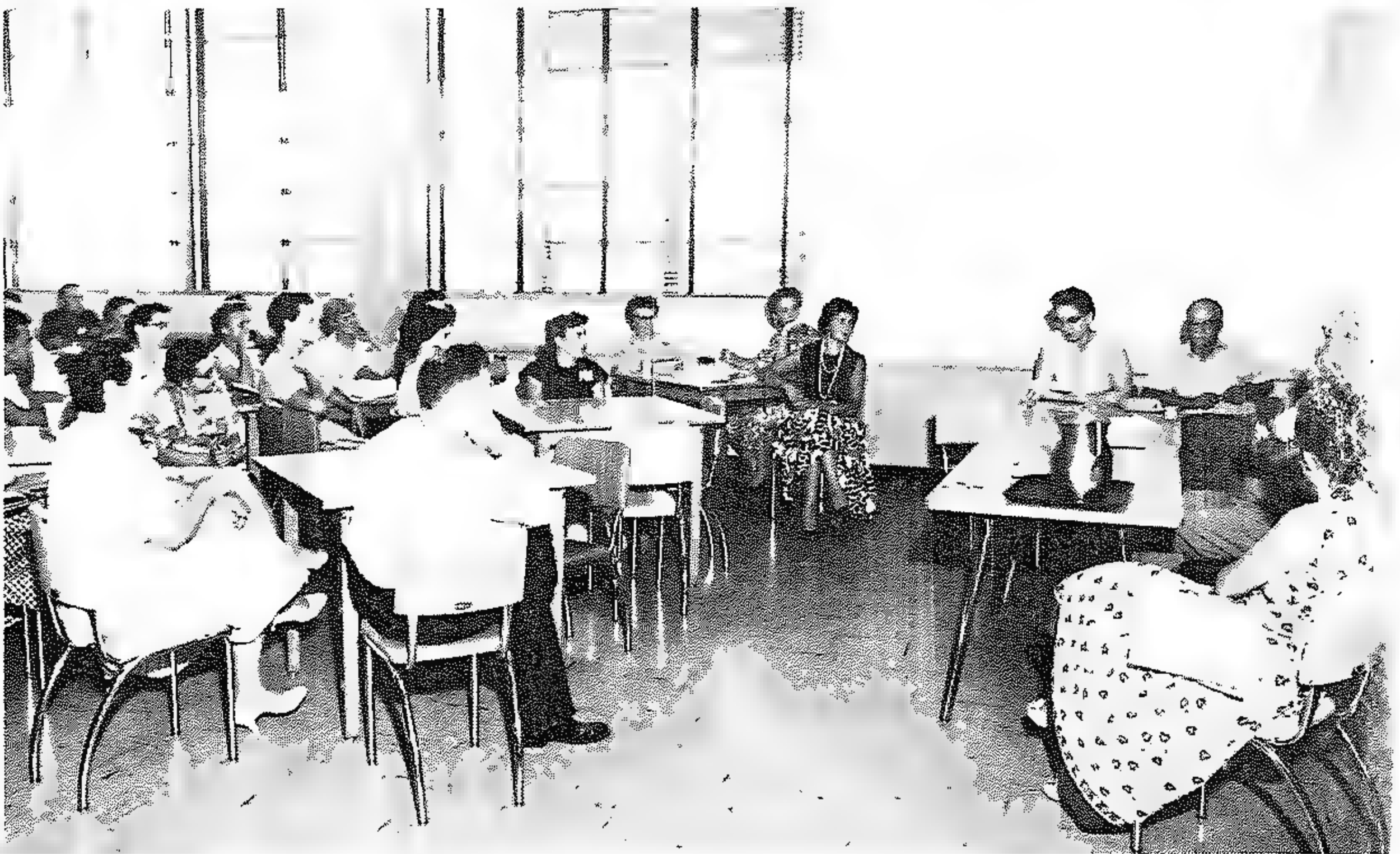
During the year of 1957, in addition to the established practice of the Social Worker interviewing each new patient following admission, a patient's discussion group was held weekly by the Social Worker with the Ward Personnel being present. These orientation sessions have become a well established procedure.

Also initiated that year was the program for the return of the geriatric patient to the Community. The patients selected for this program were no longer in need of hospitalization; however, the social, health and financial problems which, unsolved, would have prevented their discharge from the Hospital. Plans were completed for 80 patients to leave the Hospital that year. This program has continued, and during the succeeding years approximately 100 patients, per year, have left the Hospital as a result of the program.

Two additional Staff Members joined our Staff; however, the ratio of patients assigned to the individual worker had not decreased primarily because of the increase in the number of admissions and discharges.

July 1, 1958—June 30, 1959

The participation of Community Agencies was actively encouraged during that year. A number of joint Staff Meetings were held by this



Members of the Hospital Social Service Staff and Medical Staff conduct a panel for the benefit of Social Workers attending the State Social Welfare Convention. Circa 1959.



Department with other Community Agencies. This practice has now become well established.

A number of health or welfare agencies have established the policy of having a representative of their agency come to the Hospital in order to participate with the Hospital Staff in early discharge planning.

A Psychiatric Social Worker was assigned full time to the newly established Southern Arizona Mental Health Clinic. This worker coordinated the services of the Southern Arizona Mental Health Clinic with the Hospital.

July 1, 1959—June 30, 1960

A full time Social Worker was obtained for the Hospital Out-Patient Clinic.

New procedures were introduced in the Department to provide for the rapid flow of summaries to the Out-Patient Clinics; also, to provide summaries to the physicians and other health and welfare agencies providing services to our patients.

An additional Psychiatric Social Worker was added to the Staff of the Hospital.

To improve the services of the Department, to achieve a more direct



Vocational Rehabilitation Group Discussion Sept., 1955.

service to the patient, and to coordinate the services of the Department with the other clinical services, Ward Offices were made available for all of the Psychiatric Social Workers.

July 1, 1960—June 30, 1961

During this year, new Mental Health Clinics were formed in Yuma and Cochise Counties. A part of the services of the new Clinics is to provide services to residents of that County who are on a Conditional Discharge status.

An additional Psychiatric Social Worker was added to this Department, making a total of seven in the Hospital, plus one Trainee; one Social Worker assigned to the Hospital Out-Patient Clinic, and two Social Workers in the newly established Southwest Mental Health Clinic.

Our inter-relations with other Community Agencies have continued to expand in scope and in intensity, thereby making available a greater variety of services for our patients returning to the Community. Community Agencies are to a greater extent including in their procedures the services to patients in the Hospital or on conditional discharge.

Plans for the Future:

1. To provide consultation service to the health and welfare agencies in areas distant from Out-Patient facilities.

2. To provide orientation programs for other agencies as a phase of their in-service training program.

3. To develop and expand facilities in the community for care of the geriatric patient.

4. To increase the Social Service Staff of the Out-Patient Clinics to more adequately meet the needs of the growing number of patients on conditional discharge.

5. To increase the size of the Social Service Staff with skilled Psychiatric Social Workers, in order to provide more direct service to the needs of the individual patient, thereby facilitating an earlier discharge from the Hospital.

6. Establish a training unit for the graduate students from the new school of Social Workers at Arizona State University.

Mr. Philip L. Gordon is a member of the National Association of Social Workers and a Board Member of the local branch of the Mental Health Association.

Mr. Albert Harward is a member of the National Association of Social Workers and was formerly Treasurer of the local Association.

Mrs. Joy W. Carter is a member of the Arizona State Welfare Conference and formerly was Secretary of the organization.

Mrs. Martha S. Milner, Mrs. Joy McNulty, Miss Adeline Rosenberg and Mrs. Muriel Wittleder are members of the National Association of Social Workers.



# THE SUN VALLEY NEWS

J. Lucile Worthington

Newspapers are correctly regarded as an invaluable source of history and of record. In this connection, it is undeniably true that the names and events presented by the unfolding news medium tell their own factual story. So it is with respect to the growth and the development of the Arizona State Hospital. For years the Hospital has published its own newspaper, the Sun Valley News.

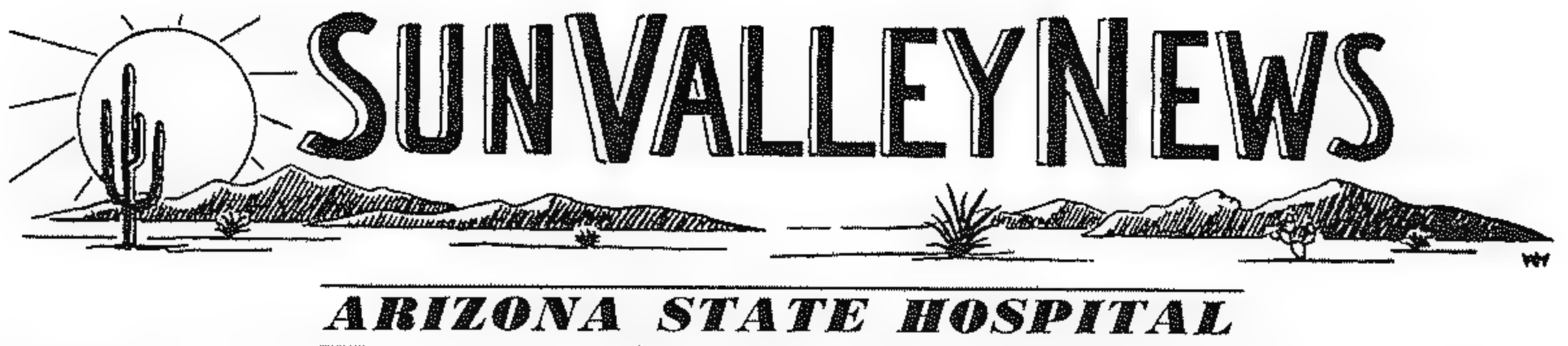
The birth of this institutional organ took place some 19 years ago, in 1943. At that time the first issue of the News was four mimeographed pages.

In the beginning, the News had been under the direction of Occupational Therapy as a special project. Struggling to make its place in the sun, the News fought an uphill battle for survival. Difficulty was encountered in sustaining its continuous publication and the paper was suspended for a full two-year period, prior to its resumption in 1954.

Through the efforts of Eli Schlossberg, Hospital Pharmacist, and Dorothea Ryder, Staff Secretary, on January 1954, the paper was published in a standard printed format of four pages. Since then it has appeared without interruption as a regular monthly publication.

Not long after the re-established News seemed to be firmly entrenched, a far-reaching step was taken to enlarge the scope of its activity. This step involved the participation of Arizona State Hospital's patients themselves in the preparation of the paper. Until this time, the only therapy work available to them had been menial in nature. It is now considered that the News presented an opportunity for qualified patients to perform tasks in line with the full potential of their intellects.

Thus the Press Club was formed on October 5, 1956. Functioning effectively from the beginning, and very much alive today, it is made up



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All material for the SUN VALLEY NEWS  
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month.

### Visiting Hours

Tuesday, Wednesday, ..... 1:00 to 3:30 p.m.  
Thursday .....  
Saturday, Sunday, .....  
holidays ..... 10:00 to 11:00 a.m.  
1:00 to 3:30 p.m.  
6:30 to 8:30 p.m.

Patients admitted during Aug. .... 176  
Patients left during Aug. .... 198  
Total patients population Aug. 31 .... 1751

entirely of Arizona State Hospital patients. The original sponsors of the Club were Gray Ladies Lois Bump and Mary Cooper, with Mrs. Ryder serving as its adviser. Mrs. Bump is still active in this capacity, whereas Mrs. Cooper withdrew when she joined the Hospital staff as an Occupational Therapist.

The Press Club was to be used to stimulate creative writing and the reporting of its own activities. Effective procedures were established for the gathering and the screening of the writing efforts so produced, as well as the electing of the Club's officers, etc.

The project was so successful that the space in the News was found to be inadequate in terms of the Press Club material, and a supplement was added to it. Appearing for the first time in the February 1957, issue, it became an integral part of the newspaper. Because of the patients' increased interest, an additional page was added. A naming contest was held and, as a result, the supplement came to be known officially as The Apropos.

A fine example of occupational therapy at its best, The Apropos is truly an all Arizona State Hospital product. Unlike the News itself, which is published by an outside firm, the editions of The Apropos are run off on the Hospital's own printing press. All mechanical phases of the work involved are performed by the patients.

The success of the Press Club and The Apropos found the makeshift quarters provided for their bi-monthly meetings to be inadequate. A more appropriate location was found in the Lobby of the Receiving East ward building and it was set aside entirely for the use of the Press Club and officially dedicated in the fall of 1960.

Later, on January 20, 1961, the Conference Room of the Rehabilitation Building was officially dedicated by Dr. Samuel Wick and Mr. Eli Schlossberg for the permanent use of the Press Club. As a high-light of the festivities, the assembled gathering was addressed by Dr. Paul Brewer, Staff Psychologist, who appeared as the guest speaker.

In recognition of her work in this program, Mrs. Ryder had been promoted from Assistant Editor to Managing Editor of the News in July 1956. She held this position until her untimely death late in 1959. In a subsequent tribute to her, Mr. Schlossberg said, "Without Mrs. Ryder's sincere dedication and enthusiasm, it is doubtful that The Apropos would have survived."

Early in 1960, Mrs. J. Lucile Worthington joined the Arizona State Hospital staff as the new Managing Editor of the News and Adviser to the Press Club. Working closely with Mr. Schlossberg, she has continued the successful efforts of her predecessor. Today the total circulation of the News is some 3,000 per issue. In addition to the Hospital distribution, it is mailed to interested parties throughout the United States and Canada. In 1961, the paper received the Phoenix Blue Cross Honorable Mention Publication Award.



## X-RAY

Margaret Justice, R.T. (A.R.X.T.)

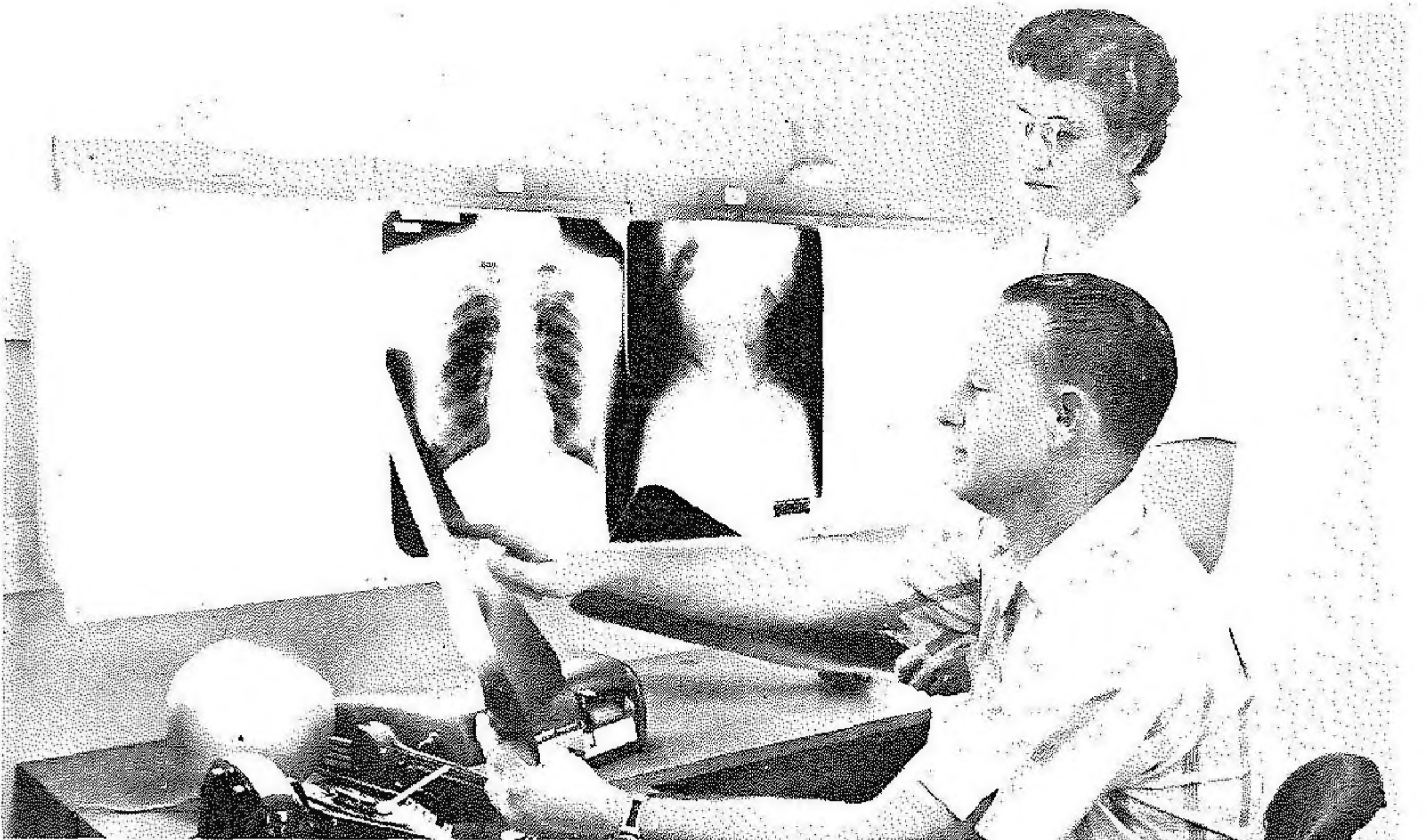
Since the Arizona State Hospital was opened before the discovery of X-rays, no X-Ray Department was included in the Hospital. Between the time X-rays were discovered in 1895 by Wilhelm Conrad Roentgen, and the opening of an X-Ray Department at the State Hospital (sometime during the late "30's") all patients requiring X-ray examinations were sent to other hospitals in Phoenix.

When the first X-Ray Department was opened at the Hospital, it was located in what is now known as the C Building. Approximately three years after the Acute Service Hospital was built, a new X-Ray Department was installed, consisting of a mobile unit and a 200 milliampere stationary unit. Doctors, Laboratory Technicians, and the Pharmacist performed the duties of an X-Ray Technician. It was not until 1948 that a full-time X-Ray Technician was employed at the State Hospital.

In 1954, after the new G Building was erected, the X-ray equipment was moved from the Hospital Building to G Building to accommodate Tuberculosis patients. A new 300 milliampere unit was then installed in the Hospital Building for general use. This equipment is still being used, with the exception of the old tube stand which was replaced in 1958 by a new overhead tube track.

In the fiscal 2-year period from 1938 to 1940, a total of 571 examinations were taken in comparison to a total of 2,730 taken during the fiscal year of 1960 and 1961. In addition to X-ray examinations, the X-Ray Department also does Electro-Cardiography.

Mrs. Margaret Justice is a member of the American Society of X-Ray Technicians.



Medical staff members and consultant specialists have complete X-ray facilities to make good diagnosis possible. 1961.



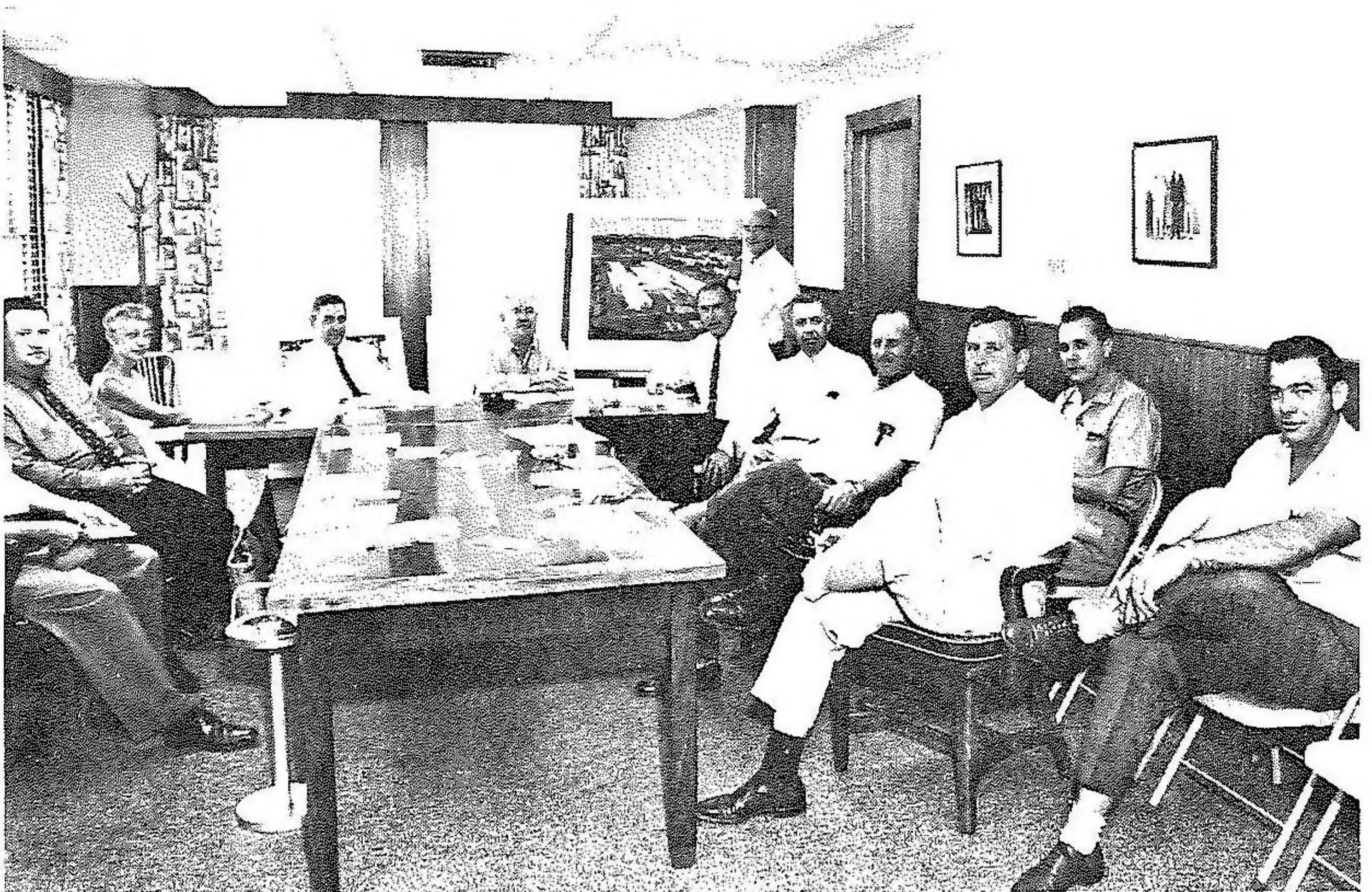
# *The Future . . .*

Samuel Wick, M.D.

What will happen to the Arizona State Hospital by 1987?

During the next twenty-five years, the patient census will be decreased to approximately 1,000. This will be accomplished by an improvement in the various treatments and by the establishment of Mental Health Centers located throughout the state. The treatment of the acutely ill mental patient will be provided in these Mental Health Centers or in private hospitals. The small percentage of patients who do not respond favorably to the improved treatment methods will be admitted to the Arizona State Hospital. These patients will receive further study and evaluation for their rehabilitation.

The main functions of the Hospital will be in the fields of research and training. The Hospital will be the center for all training related to mental health and mental illness. The training will be correlated with institutions for higher education because many professions will be working together in the prevention and treatment of mental illness. These professions will include psychiatrists, psychologists, sociologists, biochemists, physicists, neurophysiologists, anthropologists, pharmacologists, electronic technicians and mental health specialists. The psychiatric clinical experience will be part of the training for Nurses, Psychologists, Social Workers and Therapists in Rehabilitation.



The State Planning and Building Commission with Governor Paul Fannin review long-range building plans for the Hospital and approve sale of the farm. 1960



Fortunately, sufficient funds will be available in 1987 to provide the necessary facilities and equipment to maintain the research and experimentation. Fortunately, sufficient funds will be available for a professionally trained staff to provide for the treatment of patients and for the training of others.

The objectives of research will be to determine the relationships of the function and the structure of the central nervous system to mental illness. The findings will be correlated with the psychological, sociological and personality manifestations for an understanding of the abnormal reactions. Improvement in equipment will permit recordings of mental processes which will demonstrate the disturbed functioning of the brain. Metabolic and endocrine studies will indicate the origin of the disturbance. Biochemical examinations will determine the influence of these products on the mental processes. Experimental psychology will provide data for the understanding of personality variations. All these findings will be accumulated in computers to provide the answers to this complicated problem.

These research studies will result in understanding the physiological responses of the entire body in coping with stresses and emotional strains produced under experimental conditions. Other research methods will be devoted to the study of preventive procedures. The *ULTIMATE GOAL* will be to educate the professional mental health worker *TO PREVENT MENTAL ILLNESS*.

Research will be developed in all fields which have any bearing on mental illness. The biological and behavioral sciences will develop new approaches and combine their findings to produce results which will supply the answers to many unsolved problems. Then, we will understand the nature of mental illness so that the treatment will be specific and the possibility of eliminating mental illness will be a reality rather than a dream.



